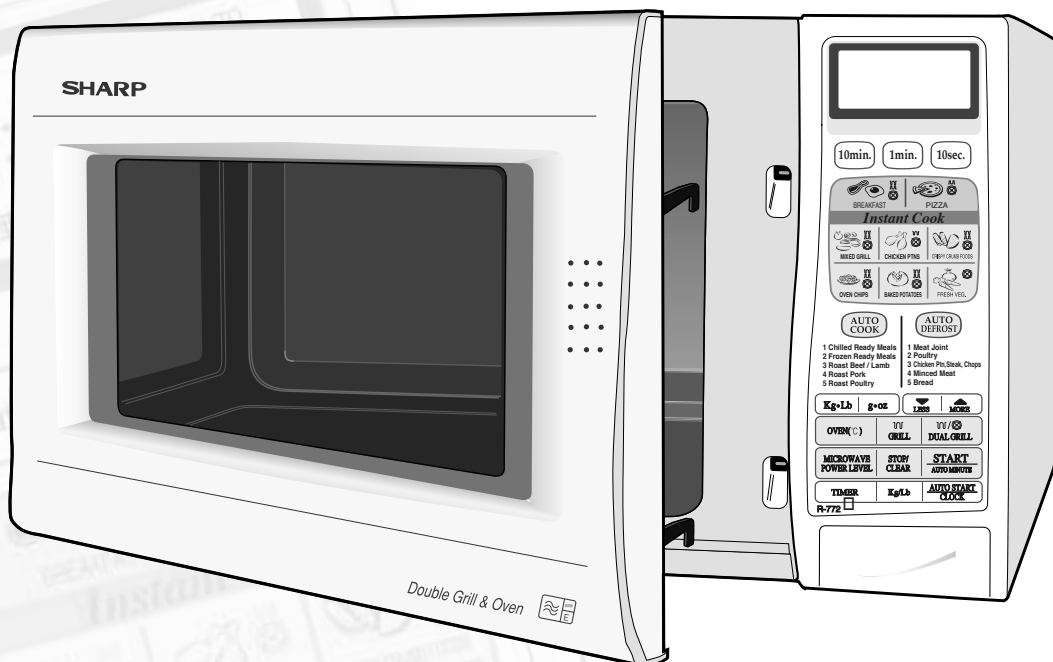


SHARP



R-772M MICROWAVE OVEN WITH TOP AND BOTTOM GRILLS

OPERATION MANUAL WITH COOKERY BOOK

OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

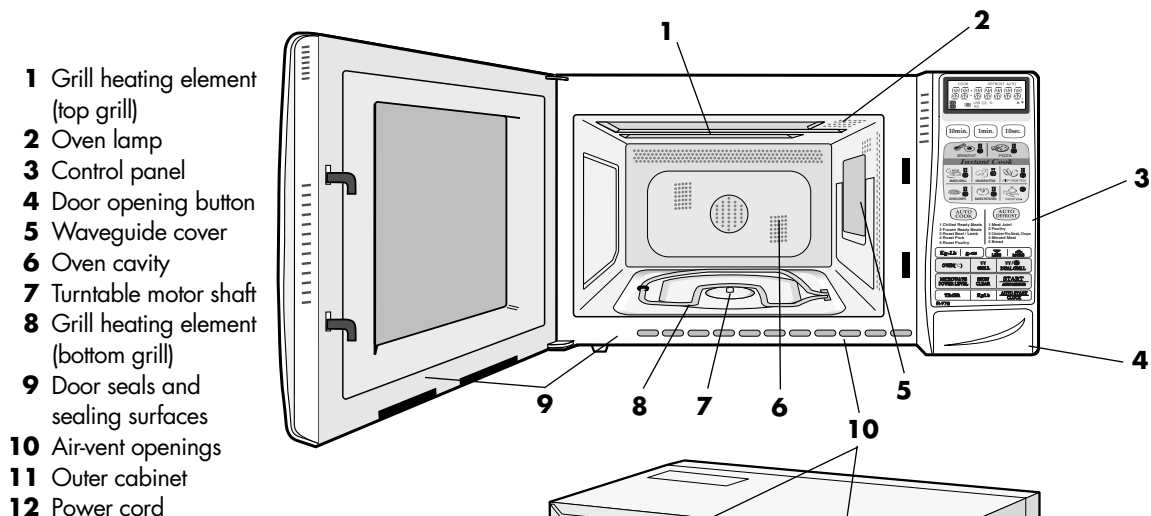
900 W (IEC 705)



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OVEN AND ACCESSORIES



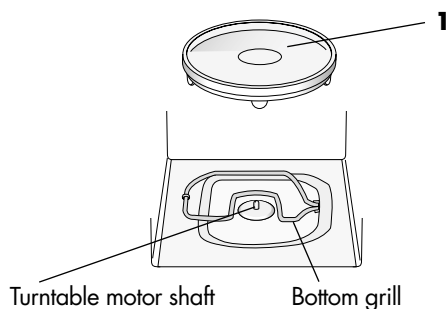
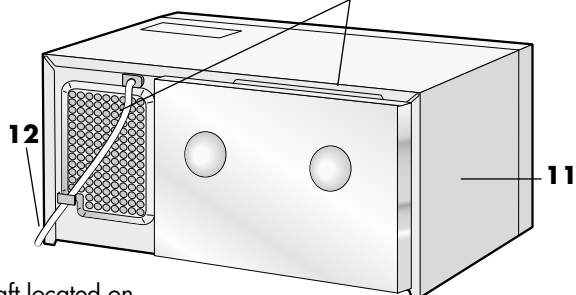
ACCESSORIES:

Check to make sure the following accessories are supplied:

1 Turntable 2 Rack

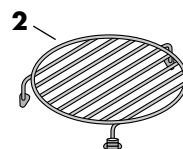
- Place the turntable onto the turntable motor shaft located on the floor of the oven cavity.
- **Never touch the bottom grill when it is hot.**

NOTE: When you order accessories, mention the Model and part name to your dealer or SHARP authorised service facility

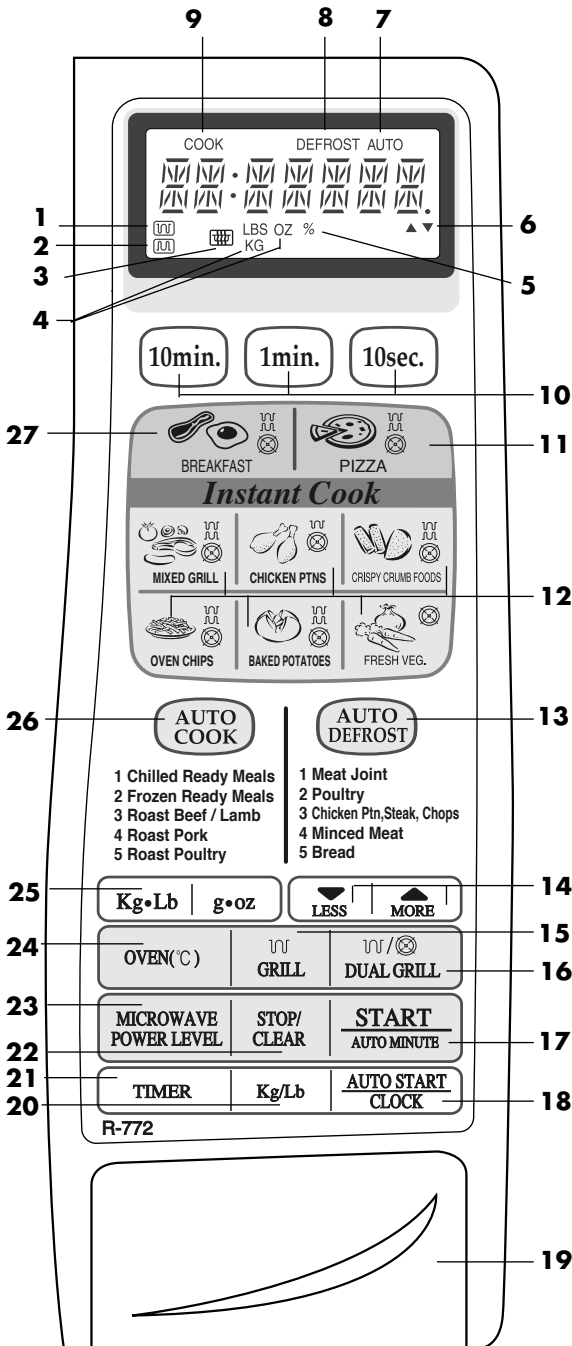


! WARNING:

The accessories become very hot during Grill, Dual Grill, Oven, Pizza, Breakfast, Instant Cook and Auto Cook modes. To prevent burns, use thick oven gloves when removing food or the turntable from the oven.



For use see page 26.



DIGITAL DISPLAY

- 1 **TOP GRILL** indicator.
- 2 **BOTTOM GRILL** indicator.
- 3 **MICROWAVE** indicator.
- 4 **WEIGHT** indicators.
- 5 **MICROWAVE POWER LEVEL** indicator.
- 6 **LESS/MORE** indicators.
- 7 **AUTO** indicator, showing auto cooking in progress.
- 8 **DEFROST** indicator.
- 9 **COOK** indicator showing oven in operation.

CONTROL PANEL

- 10 **TIME** keys. Use to select cooking times.
- 11 **PIZZA** button. Press to cook pizza. (See page 15).
- 12 **INSTANT COOK** keys. (See pages 16-17).
- 13 **AUTO DEFROST** key (See pages 18-20).
- 14 **LESS/MORE** keys. Press to shorten or lengthen heating time (See page 22).
- 15 **GRILL** key. Press to select Grill (See page 10).
- 16 **DUAL GRILL** key. Press to select Dual Grill (See page 11).
- 17 **START/AUTO MINUTE** key. Press to start a programme. Press to cook on HIGH (100%) for 1 minute or increase time during cooking in multiples of 1 minute (See page 23).
- 18 **AUTO START/CLOCK** key.
- 19 **DOOR OPEN** button.
- 20 **WEIGHT CONVERSION** key.
- 21 **TIMER** key.
- 22 **STOP/CLEAR** key.
Press once to stop a programme, and/or twice to cancel a programme (See page 5).
- 23 **MICROWAVE POWER LEVEL** key. Press to select microwave power level (See page 8).
- 24 **OVEN (°C)** key.
- 25 **WEIGHT** keys.
- 26 **AUTO COOK** key (See pages 18-20).
- 27 **BREAKFAST** key (See page 14).



IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT: PLEASE READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Oven Use:

- The oven is for domestic food preparation only. Never operate when empty, except in the directed case in the operation manual (see page 10).
- Do not leave or store anything inside the oven when not in use.
- Never attempt to use the oven with the door open. It is important not to force or tamper with the door safety latches. This may result in exposure to microwave energy.
- Never operate the oven with any object caught in the door sealing surfaces, this again may cause microwave leakage.
- Do not insert fingers or objects in the holes of the door latches or air-vent openings as this may damage the oven and cause an electric shock.
- If water or food drops inside the air vent openings switch off the oven immediately, unplug it and call a Service Technician appointed by SHARP.
- Never attempt to move the oven while it is operating.



WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

Do not allow anyone to play with the oven, or lean or swing on the oven door.

Pacemaker: If you have a heart pacemaker, consult your doctor or the pacemaker manufacturer prior to oven use.

Fire: If food overheats, starts to smoke or burn: Keep oven door closed; Turn oven off; Switch off the power at the socket and disconnect the plug from the socket. Failure to follow this procedure may result in fire and oven damage.

Liquids: Take care when microwaving liquids and beverages. To prevent delayed eruptive boiling of liquid and possible scalding: Stir liquid prior to and during heating/reheating, let liquid stand in the oven at the end of cooking.



INSTALLATION



WARNING:

Inspect the Oven:

Check the oven carefully for damage before and regularly after installation.

- **Make sure the door closes properly, that it is not misaligned or warped.**
- **Check the hinges and door safety latches are not broken or loose.**
- **If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.**
- **Inspect the oven interior and door for dents.**

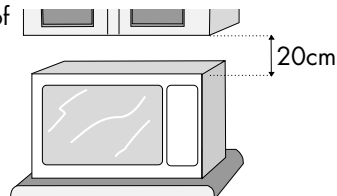
Important:

If any damage is apparent, do not operate the oven in any way. Contact your dealer or an authorised Service Technician appointed by SHARP.

1. Remove all packing materials including the feature sticker.
2. Place oven on a secure, level surface, strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven.

3. Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings, as obstructions may ignite due to the emission of hot air.
4. Make sure the power supply cord is undamaged (See Installation next page) and that it does not run under the oven or over any hot or sharp surfaces.
5. The socket must be readily accessible so that it can be easily unplugged in an emergency.
6. The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85cm or more above the floor.
7. Do not use the oven outdoors.

8. The minimum height of free space necessary above the top surface of the oven is 20cm.





BUILDING-IN-KIT

An installation frame is available which enables the microwave oven to be integrated within a kitchen unit. The microwave oven is not designed to be built above or near a conventional oven.

SHARP recommend the use of the build in kit, **EBR-4600**, available from your SHARP dealer. Only the use of this frame will guarantee the quality and safety of the oven. When building, follow installation instructions supplied carefully.

IMPORTANT! ELECTRICAL CONNECTION

- Do not allow water to come into contact with the power supply cord or plug.
- Insert the plug properly into the socket as the plug may otherwise overheat and catch fire.
- Do not connect other appliances to the same socket using an adaptor plug as it may cause the house wiring to overheat and catch fire.
- If the plug or socket is loose or the power supply cord is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service agent.

A defective plug, power supply cord or socket may overheat and catch fire during operation or cause an electrical shock.

- When removing the plug from the socket always grip the plug, never the mains lead as this may damage the power supply cord and the connections inside the plug.
- The product is fitted with a re-wireable plug. Should it not be suitable for the socket outlet in your home, remove the plug and fit an appropriate type, observing the wiring code on page 60.

If you wish to remove or replace the plug supplied, ensure the plug is removed properly and not cut off. When replacing the plug please ensure that you use a BSI or ASTA approved plug to BS1363, this should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BS1362. If you have any doubt about electrical connection seek the help of a qualified electrician.

WARNING - IMPORTANT NOTE

Please note both the Operation Manual and Cookery Book supplied specify 900 W (IEC 705) microwave output power. This applies only when the oven is operated on a 230-240V supply.

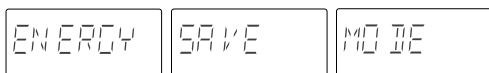
If your supply is less than 230-240V, it may be necessary to increase the cooking time when following the Operation Manual and Cookery Book instructions.

WARNING: THIS APPLIANCE MUST BE EARTHED



To wire an appropriate plug, follow the wiring code on page 60.

BEFORE OPERATION



STOP/
CLEAR

STOP/CLEAR key

Your oven has an energy save mode.

1. Plug in the oven. Nothing will appear on the display at this time.
2. Open the door, the display will flash the message shown opposite.
3. Close the door. The display will show ".0". If you set the clock "energy save" mode will be off. If you keep "energy save" mode, go to step 5.
4. Set the clock, refer to page 6.
5. Heat the oven using the upper and lower grills without food for 20 minutes. (For operation, see NOTES on page 10).

Use the **STOP/CLEAR** key to:

1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.



SETTING THE CLOCK

Your oven is fitted with a 12 hour clock. To set the time of day, follow the guidelines given in the example below:

EXAMPLE:

To set the time of day, 12:35.

1. Press the **AUTO START/CLOCK** key once.



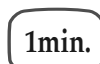
x1



2. Enter the hours, by pressing the **10 MIN** key once and the **1 MIN** key twice.



x1



x2



3. Press the **AUTO START/CLOCK** key again.



x1



4. Enter the time by pressing the **10 MIN** key three times and the **1 MIN** key five times.



x3



x5



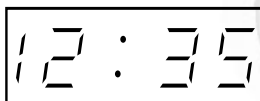
5. Press the **AUTO START/CLOCK** key again to set the clock.



x1



Check the display.



NOTES:

- If the oven is in cooking or timer mode and you wish to know the time of day, press the **AUTO START/CLOCK** key. As long as your finger is pressing the key, the time of day will be displayed.
- If the electrical power supply to your microwave oven is interrupted, plug in the oven again, then open and close the door. The display will show ".0". If this occurs during cooking, the programme will be erased. The time of day will also be erased.
- If the clock is set and cooking is complete, the display will return to show the correct time of day. If the clock has not been set, the display will show ".0".



Your oven has an Energy Save Mode. This facility saves electricity when the oven is not in use.

When you have unpacked your oven and assembled the turntable correctly (please refer to pages 2 & 4) plug the oven into your electricity supply. Open & close the door. "0" will appear on the display. The oven is now ready for use.

The oven will default to Energy Save Mode after 2 minutes if not used. In Energy Save Mode the display is blank and the oven cannot be operated.

To cancel Energy Save Mode:

i) Open & close the door. "0" will be displayed and the oven is ready for use.

ii) Set the clock. Please refer to "Setting the clock" on page 6. (To revert back to Energy Save Mode, follow the procedure below).

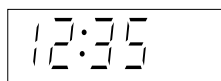
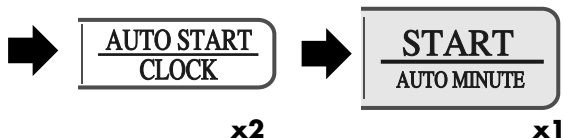
Note: If you unplug your oven at any stage you will have to reset the clock to cancel Energy Save Mode.

To start Energy Save Mode when the clock is set.

1. Make sure the correct time appears on the display.

2. Press the **AUTO START/CLOCK** key twice.

3. Press the **START/AUTO MINUTE** key. The power will be off and the display will show nothing.



"PRESS START TO SET ENERGY SAVE MODE" will appear in the display.

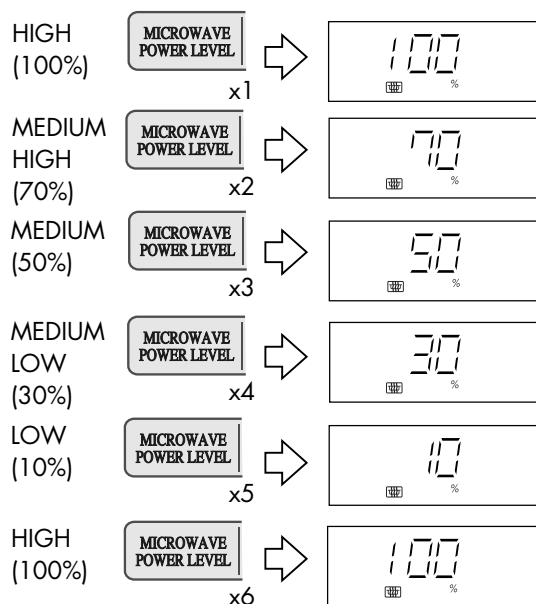




MICROWAVE POWER LEVELS

To operate the microwave function:

- Enter the required cooking/thawing time.
- Select the power level by pressing the **MICROWAVE POWER LEVEL** button.
There are 5 microwave power levels (see below).
- Press **START/AUTO MINUTE** button.



IMPORTANT:

The microwave power level will default to HIGH (100%) unless you press the **MICROWAVE POWER LEVEL** button to the desired setting. To help you decide which power level is suitable, refer to the charts in the Cookery Book section.

For advice on:

DEFOSTING
MICROWAVE COOKING
DUAL GRILL (microwave and grill)
MICROWAVE REHEATING

See page(s):

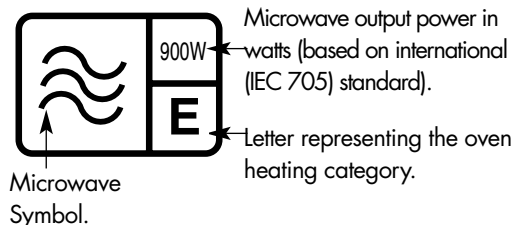
Page 31
Page 32-33
Page 34-35
Page 38

NOTES:

- To check the microwave power level during cooking/thawing press the **MICROWAVE POWER LEVEL** button. The power level will be displayed as long as the button is pressed. This does not affect the programme or cooking time.
- **Power level:** The microwave power level is varied by the microwave energy switching on and off. When using the power levels other than HIGH (100%) you will be able to hear the microwave energy pulsing on and off as the food cooks or defrosts.



MAFF HEATING CATEGORY



Model R-772M has a microwave output power of 900 Watts; heating category E.

The heating category (a letter A to E) was developed by MAFF (Ministry of Agriculture, Fisheries and Food) with microwave oven and food manufacturers and indicates the ability of the oven to heat small quantities of food (up to 500g [1lb 2oz]). It does not represent the general performance of the oven.

Food packs carry cooking instructions for heating categories A to E. Follow instructions for the letter corresponding to the oven's heating category. The higher the output power and heating category of the oven the less heating time is required. As shown opposite.

OVEN OUTPUT POWER	Less heating time required →				
	600	700	800	900	1000 Watts
	← More heating time required				

OVEN OUTPUT CATEGORY	Less heating time required →				
	A	B	C	D	E
	← More heating time required				

MICROWAVING - INTRODUCTION



Water, sugar and fat in food absorb microwaves and causes their molecules to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.

The outer areas of food are heated by microwave energy and the remaining portions by conduction. It is important to **turn**, **rearrange** or **stir** food to ensure even heating. Where recommended, allow food to stand, this is not optional but is **necessary** to ensure thorough cooking. It is particularly important for dense food, such as joints of meat.

NOTES:

- Microwaves pass through non-metallic dishes and utensils and heat the food inside the dishes.
- Microwaves are reflected by metal.
- The oven is lined with metal and has a fine metallic mesh in the door to prevent microwave leakage.
- Place convenience food in a flan dish on the rack.
- Metallic dishes are not suitable for microwaving.
- See SUITABLE COOKWARE, page 25-26.

HOW TO OPERATE THE OVEN



Opening and closing the door:

- To open oven door, press the door opening button.
- The oven lamp will light when the door is open.
- Close the door firmly and the lamp will go out.

MICROWAVE COOKING:

EXAMPLE:

To cook on HIGH (100%) power for 30 seconds.

1. To enter the cooking time, press the **10 SEC** key 3 times until .30 is displayed.
2. Press the **MICROWAVE POWER LEVEL** key once for HIGH (100%).

3. Press the **START/AUTO MINUTE** key once to start cooking.

Display will count down through heating time.



NOTES:

- Your oven can be programmed for up to 99 minutes, 90 seconds (99.90).
- When the door is opened during cooking, the cooking time on the display stops. The cooking time starts to count down again when the door is closed and the **START/AUTO MINUTE** key is pressed.
- When oven operation is finished, the time of day will reappear on the display, if set.



MICROWAVE DEFROSTING

MICROWAVE POWER LEVEL

To defrost foods not included in the Auto Defrost menu, use microwave power levels **MEDIUM LOW (30%)** or **LOW (10%)**. Stir or turn food at least 2-3 times during defrosting. After defrosting, wrap in aluminium foil and leave to stand until thoroughly defrosted. Refer to the defrosting charts in the Cookery Book, page 31.



GRILLING

The oven has a top and bottom grill which can be operated independently or combined.

- First enter the cooking time by using the **TIME** keys.
- Then press the **GRILL** key to select the heating element(s) required (upper, lower or combined). See table opposite for selection details.
- Press the **START/AUTO MINUTE** key.

The turntable rotates to ensure even browning during grilling. Use the grill key for bacon, fish fingers and tea cakes or for making cheese on toast. It is also ideal for browning and crisping food which has been microwaved.

Press GRILL key	Grill in use
x1 (Once)	Top Grill
x2 (Twice)	Bottom Grill
x3 (3 Times)	Top & Bottom Grill

EXAMPLE: To grill for 8 minutes, using the TOP GRILL.

1. Enter the grilling time by pressing the **1 MIN** key 8 times.
2. Press the **GRILL** key to select the grill mode.
3. Press the **START/AUTO MINUTE** key once to start grilling.



NOTES:

- When first using the grill, smoke and odour will be given off. To avoid this happening when food is being cooked, heat the top and bottom grills without food for approximately 20 minutes.
- After cooking using the top grill and bottom grill, the display may show 'NOW COOLING'.



WARNING:

The oven cavity, door, outer cabinet, turntable, rack, dishes and especially the bottom grill heater become very hot. To avoid burns always use thick oven gloves when removing food or the turntable from the oven.



DUAL GRILL combines the power of the microwave with the grill.

There are two DUAL GRILL modes:

- 1 Top grill with microwave
- 2 Bottom grill with microwave

- First enter cooking time.
- Then enter the DUAL GRILL mode by pressing the **DUAL GRILL** key until the desired setting appears on the display. See table opposite.
- Press the **START/AUTO MINUTE** key.

Combining microwave power with the grill reduces cooking time and provides a crisp, brown appearance.

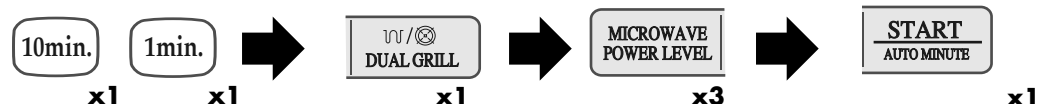
Press DUAL GRILL key	Programme setting	
	Microwave power level	Grill heating element
x1 (Once)	30%*	Top Grill
x2 (Twice)	30%*	Bottom Grill

* To adjust the microwave power level, press the **MICROWAVE POWER LEVEL** key.
You can select power levels 10% to 100% in 5 levels.

EXAMPLE:

To cook using DUAL GRILL, combining MEDIUM HIGH (70%) microwave power with the top grill for 11 minutes.

1. Enter the cooking time by pressing the **10 MIN** key once and the **1 MIN** key once.
2. Press the **DUAL GRILL** key once.
3. Press the **MICROWAVE POWER LEVEL** key three times for MEDIUM HIGH (70%).
4. Press the **START/AUTO MINUTE** key once to start cooking.



NOTES:

- When browning or crisping foods in a casserole dish, use the rack if the container is shallow enough. However, it is advisable to place such containers directly onto the turntable or rack - allow a little extra time to brown and crisp.
- Follow recommended DUAL GRILL times and procedures given in the chart on page 33-35.
- After cooking the display will show 'NOW COOLING'.



WARNING

The oven cavity, door, outer cabinet, turntable, rack, dishes and especially bottom grill heater will become very hot, use thick oven gloves when removing the food or turntable from the oven to prevent burns.



OVEN COOKING

OVEN(°C)

Your oven can be programmed to cook with seven different temperatures by combining the top and bottom grills.

The temperatures available in degrees Centigrade are:

**200°C, 180°C, 160°C, 130°C,
100°C, 70°C, 40°C.**

NOTES:

- Oven cooking is ideal for cooking buns, biscuits and scones. See recipes pages 52-55.
- When using the oven facility, all metal cookware can be used. See SUITABLE COOKWARE pages 25-26.
- To convert recipes normally cooked using a convection oven:
 - use the **OVEN** facility.
 - decrease cooking temperature by approx. 50 - 60°C.

This is necessary due to the additional heat generated during dual operation of the upper and lower grills.

If food is not cooked within the normal cooking time, add an extra 5mins then check again.

Repeat this until food is cooked.

EXAMPLE:

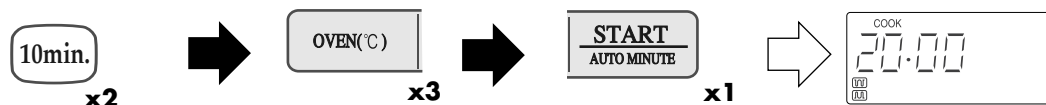
– Convection cooking: Apple Pie 220°C for 20 minutes.

– **OVEN** facility: Apple Pie 160°C for 20 minutes.

EXAMPLE:

To bake on the rack at 160°C for 20 minutes.

1. Enter the baking time by pressing the **10 MIN** key twice.
 2. Enter the desired temperature 160°C by pressing the **OVEN (°C)** key.
 3. Press the **START/AUTO MINUTE** key to start baking.
- Display will count down through baking time.



NOTES:

- Once the oven has started you can find out the temperature you have programmed by pressing the **OVEN (°C)** key. The temperature will appear on the display. This will not affect the programme or cooking time.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical components. The display will show 'NOW COOLING'.
- Recipes requiring a browned or crispy underside (ie; pies, pizza and bread), should be placed on the turntable.
- Small food items such as pastries or biscuits should be cooked on the rack so as to avoid browning too quickly.

! WARNING:

The oven cavity, door, outer cabinet, turntable, rack, dishes and especially bottom grill heater will become very hot, use thick oven gloves when removing the food or turntable from the oven to prevent burns.

PREHEATING THE OVEN



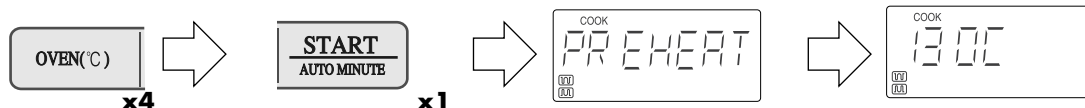
OVEN(°C)

Your oven can be preheated to a desired temperature prior to oven cooking. Uses of this are when cooking foods which are covered such as casseroles and joints of meat.

EXAMPLE:

To preheat the oven to 130°C.

1. To preheat the oven, enter the desired temperature (130°C).
2. Press the **START/AUTO MINUTE** key to begin preheating.
3. When the oven reaches 130°C, the 'beep' signal will sound and the oven will display 130°C. Place food in the oven, enter the desired cooking time and temperature before pressing the **START/AUTO MINUTE** key.



NOTES:

- When the oven reaches the desired temperature, the 'beep' signal will sound and display the temperature in °C. **Do not press the STOP/CLEAR key after opening and closing the door, as this will cancel the OVEN MODE.**
- If you prefer not to preheat the oven where recommended in the Cookery Book, allow extra cooking time.
- The preheated temperature will be maintained for approximately 30 minutes before automatically turning itself off and returning to the time of day if the clock has been previously set.
- If you wish to preheat the oven then cook at a different temperature, press the **OVEN (°C)** key until the desired temperature is displayed.
- You can check the actual temperature during preheating by pressing the **OVEN (°C)** key. The temperature will appear on the display. This will not affect the oven operation.



WARNING:

The oven cavity, door, outer cabinet, turntable, rack, dishes and especially the bottom grill heater become very hot. To prevent burns, use thick oven gloves at all times when removing food or the turntable from the oven.



BREAKFAST

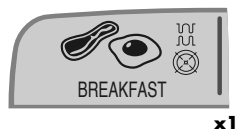


The **BREAKFAST** function enables you to cook several breakfast menus. The function automatically calculates the correct cooking time and mode for the breakfast. (microwave power combined with the top and bottom grills).

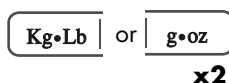
Example:

To cook 2 servings of Breakfast (thin sausage & eggs).

1. Press the **BREAKFAST** key once.



2. Enter the number of servings by pressing the **WEIGHT** keys until the desired number of servings is displayed.



3. Press the **START/AUTO MINUTE** key to start cooking.
Display counts down through the cooking time.



WARNING:

The oven cavity, door, outer cabinet, turntable, rack, dishes and especially the bottom grill heater become very hot. To prevent burns use thick oven gloves at all times when removing food or the turntable from the oven.



BREAKFAST CHART

WEIGHT RANGE	COOKING PROCEDURE
1-3: servings	<ul style="list-style-type: none"> Grease the turntable with 5-10ml of oil. Place bacon and/or sausages on the turntable. (Pierce sausages). When oven indicates, turn bacon/sausages over and add eggs (not beaten). After cooking, leave to stand for 2-3 minutes. <p>NOTE: See the table below. Use MORE or LESS as indicated.</p>
<p>NOTE: It is not necessary to pierce eggs as this programme only uses the grill after the eggs have been added.</p>	

Menu	Less/ More	Ingredient	1 Serving	2 Servings	3 Servings
Bacon & eggs	LESS	Bacon (approx 30g/Slice, approx 0.25cm thick) Egg (medium)	2 rashers 1	4 rashers 2	6 rashers 3
Thin sausage & eggs		Thin sausage (approx 25g each/approx 1.5cm) Egg (medium)	4 1	8 2	12 3
Bacon, thin sausage		Bacon (approx 30g/ slice, approx 0.25cm thick) Thin sausage (approx 25g each/approx 1.5cm) Egg (medium)	2 rashers 2 1	4 rashers 4 2	6 rashers 6 3
Thick sausages & eggs	MORE	Thick sausage (approx 50g each/approx 2.5cm) Egg (Medium)	3 1	6 2	9 3



The **PIZZA** function enables you to cook chilled and frozen pizzas. The function automatically calculates the correct cooking time and mode for the pizza. (microwave power combined with the top and bottom grills).

WEIGHT RANGE:

Food weight should be rounded up to the nearest 0.1 kg or 1 oz. For example, 0.45 kg to 0.5 kg and 12.5 oz to 13 oz. You are restricted to enter a weight within the range given in the chart below. To cook weights below or above that range refer to the food manufacturers' instructions.

EXAMPLE:

Use the **PIZZA** key to cook a 0.6kg chilled pizza.

1. Press **PIZZA** key **once** for **CHILLED**.

(For **FROZEN** Pizza, press twice).

2. Enter the weight by pressing the **WEIGHT** keys until the desired weight is displayed.

3. Press the **START/AUTO MINUTE** key to start cooking. **Display counts down through the cooking time.**



x1



x6



x1

You can enter weight in Lb/oz or Kg/g. To convert to either weight range press the **WEIGHT CONVERSION** key once before entering weight.

Kg/Lb



WARNING:

The oven cavity, door, outer cabinet, turntable, rack, dishes and especially the bottom grill heater become very hot. To prevent burns, use thick oven gloves at all times when removing food or the turntable from the oven.

PIZZA CHART



MENU	WEIGHT RANGE	COOKING PROCEDURE
CHILLED PIZZA	0.1 - 0.9 kg Thin and crispy or deep-pan type	<ul style="list-style-type: none"> Ready-prepared chilled pizza. Remove from package and place on the turntable. After cooking, remove from the turntable and put on a plate for serving.
FROZEN PIZZA	0.1 - 0.9 kg Thin and crispy or deep-pan type	<ul style="list-style-type: none"> Ready-prepared frozen pizza. Remove from package and place on the turntable. After cooking, remove from the turntable and put on a plate for serving.

- For converting to lb/oz, please see the conversion chart on page 38.



INSTANT COOK

INSTANT COOK can be used for cooking the foods shown opposite.

Always refer to the Instant Cook Chart before operating this function. Press the selected key, re-press to select the correct weight and the programme will automatically start to cook after 2-3 seconds.

If food requires manipulation (i.e. turn over or stir) then open the door, when the oven indicates follow the instruction, close the door and press the **START/AUTO MINUTE** key.

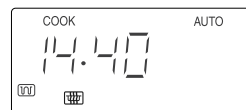
NOTES: Your oven comes set for kg/g mode. For converting to lb/oz, press the **WEIGHT CONVERSION** key once before pressing the **INSTANT COOK** key.

EXAMPLE: To cook 2 baked potatoes

Press the **BAKED POTATOES** key twice within one minute of closing the door.

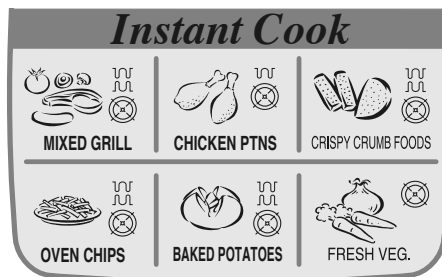


The oven will automatically start cooking.



NOTES:

- The instant cook function can only be input within 2 minutes after cooking completion, closing the door or pressing the **STOP/CLEAR** key.
- Press the **MORE** or **LESS** key before selecting the menu where recommended in the chart below.
- The final temperature will vary according to the initial food temperature. Check the food is piping hot after cooking. If necessary you can extend the cooking time and change the power.



WARNING:

The oven cavity, door, outer cabinet, turntable, rack, dishes and especially the bottom grill heater become very hot. To prevent burns, use thick oven gloves at all times when removing food or the turntable from the oven.



INSTANT COOK CHART

MENU	WEIGHT RANGE	COOKING PROCEDURE																					
MIXED GRILL	1-2 servings	<ul style="list-style-type: none"> Grease the turntable with 5-10ml of oil. Place gammon, chops, steak and pierced sausages on the turntable and cook. When the audible signal sounds turn the food over, add the mushrooms and tomatoes. Close the door and continue to cook. Stand for 2-3 minutes covered with foil after cooking. <table border="1"> <thead> <tr> <th>Mixed Grill</th><th>1 Serving</th><th>2 Servings</th></tr> </thead> <tbody> <tr> <td>Gammon</td><td>Approx. 135g</td><td>Approx. 270g</td></tr> <tr> <td>Chop</td><td>Approx. 70g</td><td>Approx. 140g</td></tr> <tr> <td>Steak</td><td>Approx. 100g</td><td>Approx. 200g</td></tr> <tr> <td>Thick sausage</td><td>Approx. 60g</td><td>Approx. 120g</td></tr> <tr> <td>Mushroom</td><td>Approx. 5 (50g)</td><td>Approx. 10 (100g)</td></tr> <tr> <td>Tomato</td><td>Approx. 60g</td><td>Approx. 120g</td></tr> </tbody> </table>	Mixed Grill	1 Serving	2 Servings	Gammon	Approx. 135g	Approx. 270g	Chop	Approx. 70g	Approx. 140g	Steak	Approx. 100g	Approx. 200g	Thick sausage	Approx. 60g	Approx. 120g	Mushroom	Approx. 5 (50g)	Approx. 10 (100g)	Tomato	Approx. 60g	Approx. 120g
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Tomato	Approx. 60g	Approx. 120g																					

INSTANT COOK CHART (continued)



MENU	WEIGHT RANGE	COOKING PROCEDURE
CHICKEN PORTIONS	1-4 pieces (1 piece = 300g)	<ul style="list-style-type: none"> Place chicken portions best side down, directly on the rack. Turn over when oven indicates. Stand for 4-5 minutes wrapped in aluminium foil after cooking. <p>NOTE: Use MORE (▲) for breast and wing portions. For safety reasons it is not possible to use LESS (▼) key for chicken portions.</p>
CRISPY CRUMB FOODS (Chilled & Frozen)	100g, 200g, 300g, 400g	<ul style="list-style-type: none"> Remove from package and place on the turntable. After cooking, remove from the turntable. <p>NOTE: Use MORE (▲) for frozen crispy crumb foods.</p>
OVEN CHIPS (Frozen)	100g, 200g 300g, 400g	<ul style="list-style-type: none"> Spread the chips evenly on the turntable. After cooking, remove from the turntable. <p>NOTE: Use LESS (▼) for French fries/thin chips and MORE (▲) for thick chips.</p>
BAKED POTATOES	1 - 4 pieces (1 piece = 250 g)	<ul style="list-style-type: none"> Pierce each potato in several places, place towards the edge of the turntable. After cooking, leave potatoes to stand for 2-3 minutes.
FRESH VEGETABLES	150g, 300g, 450g	<ul style="list-style-type: none"> Place the prepared vegetables into a casserole dish. Add 1 tbsp of water per 100g of vegetables. Cover with microwave cling film and pierce in 5 places. Place on the turntable. Stand for 2 minutes before serving.

INSTANT COOK NOTES:

- If you wish to cook foods or weights of food not included in the **INSTANT COOK** facility please refer to the cooking charts in the Cookery Book.
- For converting to lb/oz please see the conversion chart on page 38.



AUTO COOK/AUTO DEFROST

AUTO COOK / AUTO DEFROST enables you to cook or defrost foods listed on the control panel and the chart on the following page. Follow the example below for details on how to operate this function.

EXAMPLE:

1. Press the **AUTO COOK** or **AUTO DEFROST** key until the number corresponding to the food listed on the control panel appears in the display. In the example given here, the **AUTO COOK** key is pressed three times to select Roast Beef/Lamb.

2. To enter the weight in kg/g or lb/oz, press the **WEIGHT** keys. In the example, 1.5kg is entered by pressing the **kg•lb** key once and the **g•oz** key five times.

WEIGHT RANGE:

Food weight should be rounded up to the nearest 0.1 kg or 1 oz, for example, 0.65 kg to 0.7 kg and 12.5 oz to 13 oz.

You are restricted to enter a weight within the range given (see chart on the following page).

To cook/defrost weights below or above that range, refer to the charts in the Cookery Book.

NOTE:

- If an incorrect weight is entered when using the **AUTO COOK/AUTO DEFROST** function, "ERROR" will be displayed. To erase, press the **STOP/CLEAR** key.

You can enter weight in Lb/oz or Kg/g.

To convert to either weight range press the **WEIGHT CONVERSION** key once before entering weight.

Kg/Lb

3. Press the **START/AUTO MINUTE** key to start cooking.

NOTES:

- Press the **MORE** or **LESS** keys before pressing the **START/AUTO MINUTE** key where recommended in the chart on the next page.

When action is required (example, to turn food over) the oven stops and the audible signals sound, and any message will appear on the display. To continue cooking press the **START/AUTO MINUTE** key.

- The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time and change the power level.

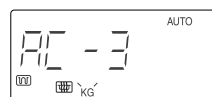


EXAMPLE:

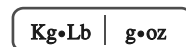
1.



x3



2.



x1

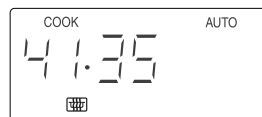
x5



3.



x1

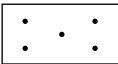

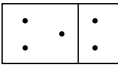
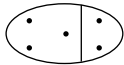


WARNING:

The oven cavity, door, outer cabinet, turntable, rack, dishes and especially the bottom grill will become very hot, **always use thick oven gloves** at all times when removing the food or turntable from the oven to prevent burns.



AUTO COOK CHART

MENU NUMBER	WEIGHT RANGE	COOKING PROCEDURE
AC-1 Chilled Ready Meals (5°C) Stirrable eg: Spaghetti Bolognese, Beef stew Non-Stirrable eg: Lasagne, Cottage pie	0.3 - 0.8 kg	<ol style="list-style-type: none"> For one section containers, use a skewer to pierce film in five places.   For two section containers, pierce using a skewer. Pierce meat/main portion three times and rice/pasta portion twice.   For food contained in bag(s), pierce meat portion five times on each side. For rice/pasta pierce five times on one side only (where rice/pasta portion bags come already perforated, do not pierce further). <ol style="list-style-type: none"> Place in a flan dish on the rack. Close the oven door, press the AUTO COOK key once for chilled or twice for frozen ready meals. To enter the weight, press the WEIGHT keys. Press the START/AUTO MINUTE key to start cooking. (Note: for non-stirrable foods, press the MORE (▲) key, before pressing the START/AUTO MINUTE key.) After cooking, leave to stand for 2-3 minutes before serving. <p>Notes:</p> <ul style="list-style-type: none"> For stirrable foods, stir as oven indicates. For food in bags, manipulate contents, for non stirrable foods, it is not necessary to stir. It is not possible to use LESS (▼) for these menus.
AC-3 Roast Beef / Lamb	0.6 - 1.8 kg	<ul style="list-style-type: none"> Place meat in a flan dish on the rack. Turn meat over when the oven indicates. After cooking, wrap in foil and leave meat to stand for 10 minutes. <p>NOTE: Use MORE (▲) for beef/lamb which is well done and LESS (▼) (for beef only) for meat which is rare. It is not possible to use LESS (▼) for pork.</p>
AC-4 Roast Pork	0.6 - 1.8 kg	
AC-5 Roast Poultry	1.2 - 1.8 kg	<ul style="list-style-type: none"> Pierce skin of poultry. Place poultry breast side down in a flan dish on the rack. Turn over when the oven indicates. After cooking, wrap in foil and leave meat to stand for 10 minutes. <p>NOTE: It is not possible to use LESS (▼) for poultry.</p>

- For converting to lb/oz, please see the conversion chart on page 38.



AUTO DEFROST CHART

AUTO DEFROST CHART

MENU NUMBER	WEIGHT RANGE	COOKING PROCEDURE
AD-1 Meat Joints (Beef/Lamb and Pork)	0.6 - 1.8 kg	<ul style="list-style-type: none">Place meat in a flan dish on the turntable.Turn over and shield any defrosted parts if necessary when oven indicates.Stand, wrapped in foil, for 45-90 minutes until thoroughly defrosted.
AD-2 Poultry (Whole)	1.2 - 1.8 kg	<ul style="list-style-type: none">Place poultry breast side down in a flan dish, place on the turntable.Turn over and shield any defrosted parts if necessary when oven indicates.Stand wrapped in foil for 60-90 minutes until thoroughly defrosted.
AD-3 Chicken Portions, Steak, Chops	0.3 - 1.2 kg	<ul style="list-style-type: none">Place meat evenly in a flan dish on the turntable.Turn over and shield any defrosted parts if necessary when oven indicates.Leave meat to stand in foil, for 15-30 minutes until thoroughly defrosted.
AD-4 Minced Meat (Beef, Lamb, Pork, Poultry)	0.2 - 1.0 kg	<ul style="list-style-type: none">Place in a flan dish on the turntable.When oven indicates turn over. Remove any defrosted parts.Leave meat to stand wrapped in foil, for 10-15 minutes until evenly defrosted.
AD-5 Bread	0.1 - 0.8 kg	<ul style="list-style-type: none">Place in a flan dish on the turntable.Turn over and rearrange when oven indicates.Leave bread to stand for up to 5 minutes until defrosted.

- For converting to lb/oz, please see the conversion chart on page 38.

- Defrost:**
- For shielding, use flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls.
 - Do not cook the meat or poultry until thoroughly defrosted.



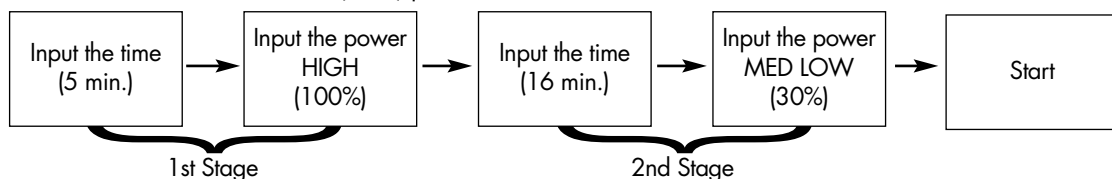
1. MULTIPLE SEQUENCE COOKING

A sequence of 4 stages (maximum) can be programmed using combinations of **MICROWAVE**, **GRILL** or **DUAL GRILL**.

- To programme a series of sequences: Input the cooking time following by the desired cooking mode.
- Repeat this procedure three times, to a maximum of four sequences.
- Finally, press **START/AUTO MINUTE** to start sequence cooking.

EXAMPLE:

If you want to cook for 5 minutes on HIGH (100%) microwave power and then for 16 minutes on MEDIUM LOW (30%) power.



2. TIMER

You can use the timer for timing where microwave cooking is not involved. For example, to time boiled eggs cooked on a conventional hob, to monitor the standing time for microwaved food or to remind you of the time when making a phone call.

EXAMPLE: To set the timer for 5 minutes to boil an egg on a conventional hob.

- Press the **TIMER** key once.
- Press the **1 MIN** key 5 times.
- When the water comes to the boil, add the egg, and press the **START/AUTO MINUTE** key once.
- The display will count down. When the display reaches zero, the bleep signal will sound.



You can enter any time up to 99 minutes, 90 seconds. To cancel the **TIMER** whilst counting down, simply press the **STOP/CLEAR** key and the display will return to the time of day, if set.



OTHER CONVENIENT FUNCTIONS

3. LESS (▼) and MORE (▲)

The **LESS** (▼) and **MORE** (▲) function allows you to cook food for more or less time than the preset programmes.

For Example: If you prefer Baked Potatoes which are cooked but still crisp, or beef which is rare, use the **LESS** (▼) key. Alternatively, if you prefer Baked Potatoes softer or beef well done, use the **MORE** (▲) key.

Guide for using LESS (▼) and MORE (▲) with Breakfast/Pizza/Instant Cook/Auto Cook/Auto Defrost:

- **INSTANT COOK:** Press the **LESS** (▼)/**MORE** (▲) key before pressing the **INSTANT COOK** key.
- **BREAKFAST/PIZZA/AUTO COOK/AUTO DEFROST:** Press the **LESS** (▼)/**MORE** (▲) key before pressing the **START/AUTO MINUTE** key.

NOTE: To cancel **LESS** (▼)/**MORE** (▲), simply press the same key again.

Guide for use of LESS (▼) and MORE (▲) during manual oven operation:

To alter cooking or defrosting time whilst oven is in operation, use the **LESS** (▼) or **MORE** (▲) key. Press the **LESS** (▼) or **MORE** (▲) key to decrease or increase the cooking or defrosting time in multiples of 1 minute. The overall cooking time can be increased to a maximum of 99 minutes.

Example: To cook on MEDIUM (50%) for 10 minutes and then decrease the cooking time by 2 minutes:

1. To input the time press the **10 MIN** key once.
2. To input the power press the **POWER LEVEL** key three times.
3. Press the **START/AUTO MINUTE** key once to start cooking.



x1



x3



x1



4. To reduce the time by 2 minutes press the **LESS** key twice.

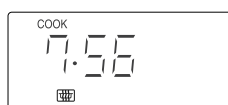


x2



5. Cooking time is reduced by two minutes and continues to count down, for example:

Display:





4. AUTO MINUTE

AUTO MINUTE enables you:

- To cook directly on HIGH (100%) microwave power in multiples of 1 minute.
- Extend cooking time in multiples of 1 minute.

Example:

To cook on HIGH (100%) for 2 minutes, press the **START/AUTO MINUTE** key twice.

Example:



Display:



NOTE: The **AUTO MINUTE** function for direct start, can only be input within 2 minutes after cooking completion, closing the door or pressing the **STOP/CLEAR** key. The cooking time may be extended to a maximum of 99 minutes.

5. AUTO START

AUTO START enables you to programme the oven to cook at any time during the next 12 hours (if the 12 hour clock is set).

IMPORTANT: It is recommended the oven is always attended when in use. Check to ensure you have programmed the oven correctly. Exceeding cooking times and use of excessive power levels can lead to food overheating and cause a risk of fire.

- You can use **AUTO START** only with manual cooking.
- Before programming the oven, always check the display is showing the correct time of day.
- Once the oven is programmed for **AUTO START** the display will show the **AUTO START** time.
If you press the **AUTO START/CLOCK** key and hold, the time of day will be displayed until you release your finger from the key.
- If you want to cancel an **AUTO START** programme, press the **STOP/CLEAR** key.
- The **AUTO START** time can only be entered in multiples of 10 minutes. It is not possible to enter less than 10 minutes or any time which is not in multiples of 10 minutes.
- If the door is opened after programming, close the door and press the **START/AUTO MINUTE** key to continue with **AUTO START**.
- See example on the next page.

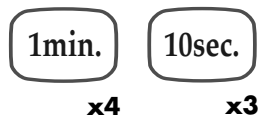


OTHER CONVENIENT FUNCTIONS

Example:

The current time of day is 1:00pm and you want to programme the oven to reheat a casserole on MEDIUM (50%) for 40 mins at 4:30pm.

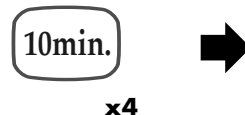
1. Enter the time at which you want the casserole to begin reheating by pressing the **TIME** keys.



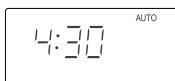
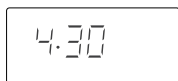
2. Press the **AUTO START/CLOCK** key once to set the start time for cooking.



3. Enter the cooking time by pressing the **10 MIN** key four times (40 mins).



Display:



4. Enter the power level by pressing the **POWER LEVEL** key three times.

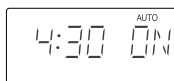
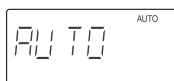


5. Press the **START/AUTO MINUTE** key to start the programme.



6. When the oven starts at 4:30pm, the preprogrammed sequence will start. The cooking time and mode will appear on the display.

Display:



6. TO CHECK THE POWER LEVEL

To check the microwave power level during cooking press the **MICROWAVE POWER LEVEL** key. As long as your finger is touching the **MICROWAVE POWER LEVEL** key the power level will be displayed. The oven continues to count down although the display will show the power level.









WARNING - Always attend the oven when in use.

Carefully follow the SHARP Operation Manual at all times. If you exceed recommended cooking times and/or use power levels that are too high, food may overheat, burn, and in extreme circumstances, catch fire and damage the oven.

- The microwave power level will default to HIGH (100%) unless you press the **MICROWAVE POWER LEVEL** button to reach the desired setting. Take care when heating foods with high sugar or fat content, e.g., Christmas pudding, mince pies and fruit cakes. Before use, check that utensils are suitable for use in microwave ovens.
- WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.**
- Lids:** Always remove lids from food jars and containers before using them in the oven. If you do not, steam and pressure will build up inside and the container may explode. Take care when heating contents in babies bottles, see page 26 & 29.
- Eggs in their shells and whole hard boiled eggs should not be heated in microwave ovens since they explode even after microwave heating has ended. Do not heat canned potatoes in the microwave oven as they may burst.
- Do not place hot foods/utensils on a cold turntable, or cold foods/utensils on a hot turntable.





For microwaving, use only those utensils suitable for microwave cookery as indicated below.

A variety of cookware can be used for microwaving. Round/oval dishes rather than square/oblong ones are recommended, as food in the corners tends to overcook.

COOKWARE	SUITABLE FOR MICROWAVING	GRILL	OVEN	
Heat resistant glass, (e.g. Pyrex®, Fire King®, Corning Ware®).	YES	YES	YES	
Microwave-safe plastic cookware.	YES	NO	NO	
Microwave cling film, microwave roasting bags.	YES Microwave cling film and bags must be vented for steam to escape, pierce in 4-5 places. Do not use plastic or metal ties as they may melt or catch fire due to 'arcing'.	NO	NO	
Heat-resistant china and ceramics.	YES Except for dishes with metallic decoration.	NO	NO	
Disposable containers: Thin plastic, paper, straw and wooden containers.	YES Always attend the oven closely. Look at the oven from time to time when cooking or reheating food in disposable containers of plastic, paper or other combustible material. Only use for warming food. Pay special attention as over-heating may cause a fire in your oven.	NO	NO	
Kitchen paper.	YES Always attend the oven closely. Only use to absorb fat and moisture when warming food. Pay special attention as over-heating may cause a fire in your oven.	NO	NO	



SUITABLE COOKWARE (Continued)

COOKWARE	SUITABLE FOR MICROWAVING	GRILL	OVEN	
Browning dishes & self-heating packages.	YES Always place on an up-turned plate on the turntable to prevent heat stress. Follow manufacturer's instructions. Be careful as these become very hot. Popcorn: Only use microwave popcorn within recommended packaging (follow popcorn manufacturer's instructions). Never use oil unless the manufacturer recommends and never cook for longer than instructed.	NO	NO	
Metal cookware.	NO	YES Metal trays may be used.	YES	
Aluminium foil & foil containers, made from "Micro Foil®".	YES Use small pieces of aluminium foil to shield food from overheating. Keep foil at least 2cm from the oven walls. Foil containers are not recommended unless specified by the manufacturer, eg. MicroFoil®, follow instructions carefully.	YES See procedure recommended for microwaving.	YES See procedure recommended for microwaving.	
Metal rack.	YES The metal rack supplied has been specially designed for all cooking modes and will not damage the oven.	YES	YES	



FOOD HANDLING & PREPARATION



Face & Hands: Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling-film), opening roasting bags or popcorn packaging, direct steam away from face and hands.



Check the temperature of food and drink and stir (before serving). Take special care when serving babies, children or the elderly. The contents of feeding bottles and baby food jars should be stirred or shaken and the temperature checked before consumption to avoid burns.

Stir, turn & stand:

For even cooking stir, turn or rearrange food during cooking. Where recommended, leave food to stand after cooking or defrosting.

Initial and final temperature of food:

The initial temperature of food affects the amount of cooking time needed, eg. chilled food requires more cooking than food at room temperature.

The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example, jam doughnuts, to release heat or steam.



Composition & quality

Food high in fat or sugar (Christmas pudding, mince pies) requires less heating time and should be watched, over-heating can lead to fire. Use good quality ingredients for microwaving. Economical cuts of meat can be used for casseroles.



Piercing

Food with skin (e.g. potatoes, apples, fish, sausages, chicken), or with membrane (e.g. egg whites/yolks), must be pierced in several places before cooking or reheating. If not, steam will build up and may cause food to explode. When cooking eggs using "the Breakfast button", it is not necessary to pierce the yolks, as the programme uses grill only.



Arrangement

Place thickest parts of food on the outside of the dish, e.g. place meaty ends of chicken drumsticks on the outside of the dish.



Covering

Fish, vegetables and certain other foods benefit from being covered during microwave cookery, follow recommendations where given and use vented microwave cling-film or a suitable lid.



Size & shape

Food size and shape affects the amount of cooking time needed. When cooking more than one portion of the same food ensure they are of a similar size and shape.



Density & quantity

Food density and quantity affect the amount of cooking time needed, for example, potatoes require more cooking than peas; four potatoes will take longer to cook than two.



Hygiene

Food hygiene standards (storage, handling and preparation) apply to microwaving. Always store convenience foods as recommended by the food manufacturer and keep no longer than the "Use By" date.





ADVICE FOR DEFROSTING

Meat joints

Place in a flan dish, turn over at least 4-5 times during defrosting, shield any warm areas with small, flat pieces of foil. After defrosting, wrap in foil and allow meat to stand for 45-60 minutes, until thoroughly defrosted.



Poultry

Place in a flan dish, turn over at least 3-4 times during defrosting, shield any warm areas with small, pieces of foil. After defrosting, wrap in foil and allow poultry to stand for 45-60 minutes, until thoroughly defrosted.

NOTE: Do not defrost poultry with giblets.



Steak, Chops & Chicken Portions

Place in a flan dish, separate during defrosting and turn over at least 2-3 times. Shield if necessary.



Cubed & Minced Meat

Place in a bowl, stir or turn over at least 3-4 times during defrosting, remove defrosted parts each time. For frozen blocks of meat see 'Minced Beef' in the charts on page 30.



Whole Fish & Fillets

Place in a flan dish, separate during defrosting and turn over at least twice. Shield if necessary.



Prepacked Frozen Foods

Remove packaging, including any foil and place in a suitable dish.



NOTES:

- To defrost food, use either MEDIUM LOW/DEFROST (30%) or LOW (10%) microwave power.
- Shield warm areas with small pieces of foil if necessary.
- It is important to turn food over, separate (where appropriate) and rearrange to ensure even defrosting.
- Standing time is necessary to ensure thorough defrosting.



WARNINGS:

Oil & Fat: Never heat oil or fat for deep frying as this may lead to overheating and fire. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling-film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.
- Place convenience food in a flan dish on the rack.
- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, for example, mince pies, Christmas pudding.
- Canned potatoes should not be heated in the microwave oven, follow the manufacturers' instructions on the can.

Plated meals

Place plated meal on the rack. Remove any poultry or meat portions, reheat these separately, see below. Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling-film and reheat on MEDIUM (50%), stir/rearrange halfway through reheating. Ensure food is thoroughly reheated before serving.



Casseroles

Cover with vented microwave cling-film or suitable lid, reheat on MEDIUM (50%). Stir frequently to ensure even reheating.



Poultry portions

Place thickest parts of the portions on the outside of the dish, cover with microwave cling-film and reheat on MEDIUM HIGH (70%). Turn over halfway through. **NOTE:** Ensure poultry is thoroughly reheated, before serving.



Sliced meat

Cover with vented microwave cling-film and reheat on MEDIUM (50%). Rearrange at least once to ensure even reheating. **NOTE:** Ensure meat is thoroughly reheated before serving.



Pies

Place pies in a flan dish. Reheat meat pies on MEDIUM HIGH (70%) and fruit pies on MEDIUM (50%).



Vegetables

Cover with vented microwave cling-film or suitable lid and reheat on MEDIUM (50%). Stir at least once during reheating.





INTRODUCTION

This Cookery Book contains a wide variety of recipes developed specifically for your microwave oven. These will give you successful results and will save time and electricity. The recipes demonstrate the capabilities of your oven and prove that microwave technology combined with a unique upper and lower heating system is the efficient and effective alternative to conventional cooking.

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IMPORTANT COOKERY NOTES:

- Food temperatures are:-
Frozen: -18°C, Chilled: 5°C, Room: 20°C
- When cooking Rice & Pasta (see page 33), cooking time is constant for any quantity of rice or pasta; boiling water must be adjusted according to quantity of rice or pasta. After leaving the Rice/Pasta to stand, rinse in boiling water prior to serving.
- Refer to operation manual for advice on suitable cookware.
- Where dishes are covered, use vented microwave cling film unless otherwise stated. Where dishes are lined, use greaseproof paper unless otherwise stated.
- For sequence programming refer to the operation manual (page 21).

SYMBOLS:

● **Method:** Where shielding is necessary use small pieces of foil.

■ **Poultry Chart:** Chicken, turkey and duck must be defrosted without giblets.

▲ **Standing Time:** During recommended standing time, wrap or cover food in foil.



DEFROSTING (MICROWAVE)

FOOD	DEFROST TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
Meat Joints (Beef, Lamb, Pork)	30-32 Minutes 450g (1lb)	LOW	• Place in a flan dish Turn over 4-5 times during defrosting. Shield.	• 45-60 Minutes
Minced Beef	8-9 Minutes 450g (1lb)	MEDIUM LOW	• Place on a plate or in a bowl. Turn over/ stir 3-4 times, removing defrosted mince each time.	• 15-20 Minutes
Steak 2cm ($\frac{3}{4}$") thick	11-12 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over 2-3 times, separate during defrosting. Shield.	• 25-30 Minutes
Chops & Sausages	16-18 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over 2-3 times, separate during defrosting. Shield.	• 25-30 Minutes
Bacon	11-12 Minutes 450g (1lb)	MEDIUM LOW	• Place on a plate. Separate and rearrange twice during defrosting. Shield.	• 5-10 Minutes
• Whole poultry (Chicken, Turkey, Duck)	20-22 Minutes 450g (1lb)	LOW	• Place in a flan dish. Turn over 4-5 times during defrosting. Shield.	• 45-60 Minutes
• Chicken Portions	8-9 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over, rearrange 2-3 times during defrosting. Shield.	• 25-30 Minutes
• Chicken/Turkey Breast & Drumsticks	11-12 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over, rearrange 2-3 times during defrosting. Shield.	• 25-30 Minutes
• Minced Turkey	11-12 Minutes 450g (1lb)	MEDIUM LOW	• Place on plate or in a bowl. Turn over/ stir 3-4 times removing defrosted mince each time.	• 15-20 Minutes
Whole Fish (Trout, Mackerel)	9 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over twice during defrosting. Shield.	• 15 Minutes
Fish Fillets/ Steaks	7-8 Minutes 450g (1lb)	MEDIUM LOW	• Place in a flan dish. Turn over twice, separate during defrosting. Shield.	• 15 Minutes
Apples	8-9 Minutes 450g (1lb)	MEDIUM LOW	• Place in a dish. Stir during defrosting.	10 Minutes
Blackcurrants/ Redcurrants Raspberries/ Blackberries	6-7 Minutes 450g (1lb)	MEDIUM LOW	• Place in a dish. Stir during defrosting.	10 Minutes
Gooseberries Rhubarb/ Strawberries	7-8 Minutes 450g (1lb)	MEDIUM LOW	• Place in a dish. Stir during defrosting.	10 Minutes
Bread (sliced)	6 Minutes 400g (14oz)	MEDIUM LOW	• Place on the turntable. Separate and rearrange during defrosting.	5-10 Minutes
Pastry (Puff or Shortcrust)	5 Minutes 450g (1lb)	MEDIUM LOW	• Place on a plate. Turn over halfway through defrosting.	10-15 Minutes
Meat & Fruit Pies (cooked)	7-8 Minutes large pie	MEDIUM LOW	• Remove from foil container. • Place in a shallow flan dish.	15-20 Minutes

Note: Ensure you read all cookery notes on page 30, for advice and explanations of symbols before proceeding.



MICROWAVE COOKING

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
Aubergines & Broccoli (fresh)	5 Minutes 225g (8oz)	HIGH	• Slice. Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Beans (Fresh green)	5-6 Minutes 225g (8oz)	HIGH	• Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Brussels Sprouts (fresh)	5-6 Minutes 225g (8oz)	HIGH	• Add 45ml (3tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Cabbage, Carrots, Cauliflower & Celery (fresh)	5 Minutes 225g (8oz)	HIGH	• Slice or break into florets. Add 30ml (2tbsp) of water. Cover dish. Stir halfway through cooking.	2 Minutes
Corn on the Cob (fresh)	6-7 Minutes 2 cobs	HIGH	• Add 45ml (3tbsp) water. Cover dish. Turn over halfway through cooking.	2 Minutes
Courgettes & Leeks (fresh)	4-5 Minutes 225g (8oz)	HIGH	• Slice. Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Parsnips & Spinach (fresh)	5-6 Minutes 225g (8oz)	HIGH	• Slice. Add 45ml (3tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Peas (fresh)	4-5 Minutes 225g (8oz)	HIGH	• Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Potatoes, Jacket (250g (9oz) each) (fresh)	10-11 Minutes 2 potatoes	HIGH	• Prick in several places. Place on the edge of the turntable.	4 Minutes
Potatoes, boiled (old & new) (fresh)	9-10 Minutes 450g (1lb)	HIGH	• Cut into quarters. Add 60ml (4tbsp) water. Cover. Stir halfway through cooking.	4 Minutes
Swede & Turnips (fresh)	7-8 Minutes 225g (8oz)	HIGH	• Dice. Add 45ml (3tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Beans & Cabbage (green) (frozen)	5-6 Minutes 225g (8oz)	HIGH	• Place in a dish. Add 15ml (1tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
Broccoli, Leaf Spinach & Brussels Sprouts (frozen)	6-7 Minutes 225g (8oz)	HIGH	• Place in a dish. Add 15ml (1tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
Carrots (sliced) (frozen)	6 Minutes 225g (8oz)	HIGH	• Place in a dish. Add 15ml (1tbsp) water. Cover. Stir halfway through cooking.	3 Minutes
Cauliflower (florets) (frozen)	5-6 Minutes 225g (8oz)	HIGH	• Place in a dish. Add 15ml (1tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
Corn on the Cob (frozen)	10-11 Minutes 2 cobs	HIGH	• Place in a dish. Cover. Turn over halfway through cooking.	3 Minutes
Peas, Sweetcorn & Mixed Vegetables (frozen)	5-6 Minutes 225g (8oz)	HIGH	• Place in a dish. Cover. Stir halfway through cooking.	2 Minutes
Apples (fresh) Rhubarb	5-6 Minutes 450g (1lb)	HIGH	• Peel and slice. Place in a dish and cover. Stir during cooking.	2 Minutes
Blackberries, Raspberries Blackcurrants Redcurrants Gooseberries	5-6 Minutes 450g (1lb)	HIGH	• Place in a dish and cover. Stir during cooking.	2 Minutes

Note: Ensure you read all cookery notes on page 30, for advice and explanations of symbols before proceeding.



MICROWAVE COOKING

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
White rice (long grain)	14-15 Minutes	MEDIUM HIGH	• Add 300ml (1/2 pint) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.	5 Minutes
Brown rice	21-22 Minutes	MEDIUM HIGH	• Add 400ml (14fl.oz) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.	5 Minutes
Spaghetti (short cut) Pasta shells/ twists	11-12 Minutes	MEDIUM HIGH	• Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir halfway through cooking.	4 Minutes
Macaroni (short cut)	12-13 Minutes	MEDIUM HIGH	• Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir halfway through cooking.	4 Minutes
Tagliatelle	10-11 Minutes	MEDIUM HIGH	• Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir halfway through cooking.	4 Minutes
Scrambled Eggs	15g (1/2oz) butter 2 eggs (size 3) 30ml (2tbsp) milk salt & pepper	HIGH	• Melt butter in a bowl on HIGH for 30 seconds. Add eggs, milk, season, mix well. Cook on HIGH for 2 minutes, stirring every 30 seconds.	30 Seconds
Baked/ Poached Eggs	2 eggs (size 3)	HIGH	• Break each egg into a ramekin dish. Carefully pierce white and yolk in 3-4 places. Cover and cook on HIGH for 1 minute.	30 Seconds
Fried Eggs	10ml (2tsp) oil 1 egg (size 3)	HIGH	• Place the oil in a 17.8cm (7") shallow dish. Heat on HIGH for 1 minute. Break the egg into the oil. Pierce yolk and white in 3-4 places. Cook on HIGH for 40-50 seconds.	30 Seconds

Note: Ensure you read all cookery notes on page 30, for advice and explanations of symbols before proceeding.

GRILLING

FOOD	METHOD	COOKING TIME	COOKING MODE
Bacon	• Place in a flan dish on the Turn table. Turn over halfway through cooking. Stand for 1-2 minutes after cooking.	6-8 Minutes for 1-6 rashers	TOP AND BOTTOM GRILLS
Crumpets	• Place on the Turn table. Turn over after 5 minutes. No standing time is required.	8 Minutes for 1-6 slices	TOP AND BOTTOM GRILLS
Cheese on toast	• Place bread on the Turn table. Grill for 4 minutes turn over and cover with 50g (2oz) grated cheese. Grill for 4 mins. No standing time is required.	8 Minutes for 2 slices	TOP AND BOTTOM GRILLS
Tea cakes & Muffins & Toast	• Slice in half. Place on the Turn table. Turn over halfway through cooking. No standing time is required.	8 Minutes for 1-6 halves	TOP AND BOTTOM GRILLS



DUAL GRILL - (MICROWAVE & UPPER GRILL)

FOOD	METHOD	COOKING TIME	COOKING MODE
Beef (rare)	<ul style="list-style-type: none">Place fat side down in a flan dish on the rack. Calculate the cooking time. Use sequence programming: Stage 1: Cook on MEDIUM HIGH for first half of cooking time. Turn over, remove juices. Stage 2: Cook on MEDIUM for second half of cooking time. Stage 3: Cook on DUAL GRILL, MEDIUM for the final 4 minutes of cooking time. Stand for 6-8 minutes after cooking.	12-13 Minutes per 450g (1lb)	Stage 1: MEDIUM HIGH. Stage 2: MEDIUM. Stage 3: DUAL GRILL, MEDIUM.
Beef/Lamb (medium)	<ul style="list-style-type: none">As above	14-15 Minutes per 450g (1lb)	as above
Beef/Lamb (well done)	<ul style="list-style-type: none">As above	18-19 Minutes per 450g (1lb)	as above
Pork	<ul style="list-style-type: none">Place fat side down in a flan dish on the rack. Calculate the cooking time. Use sequence programming: Stage 1: Cook on MEDIUM HIGH throughout, apart from the last 4 minutes. Turn over, remove juices halfway through Stage 1. Stage 2: Cook on DUAL GRILL, MEDIUM HIGH for the final 4 minutes of cooking time. Stand for 10 minutes after cooking.	21 Minutes per 450g (1lb)	Stage 1: MEDIUM HIGH. Stage 2: DUAL GRILL, MEDIUM HIGH.
Poultry (Max. 1.8kg (4lb))	<ul style="list-style-type: none">Place breast side down in a flan dish on the rack. Calculate the cooking time. Use sequence programming: Stage 1: Cook on MEDIUM HIGH throughout. Turn over, remove juices halfway through Stage 1. Stage 2: Cook on DUAL GRILL, HIGH for the final 4 minutes of cooking time. Stand for 10 minutes after cooking.	14 Minutes per 450g (1lb)	Stage 1: MEDIUM HIGH. Stage 2: DUAL GRILL, MEDIUM HIGH.
Chicken Portions	<ul style="list-style-type: none">Place best side down in a flan dish on the rack. Calculate the cooking time. Use sequence programming: Stage 1: Cook on MEDIUM HIGH throughout cooking time, apart from the last 6 minutes. Turn over, remove juices halfway through Stage 1. Stage 2: Cook on DUAL GRILL, MEDIUM HIGH for the final 6 minutes of cooking time. Stand for 5 minutes after cooking.	12-14 Minutes per 450g (1lb)	Stage 1: MEDIUM HIGH. Stage 2: DUAL GRILL, MEDIUM HIGH.
Lamb Chops & Boneless Lamb Chops	<ul style="list-style-type: none">Place in flan dish on the rack. Stage 1: Cook on DUAL GRILL, MEDIUM HIGH. Turn over at the end of Stage 1. Stage 2: Cook on GRILL for the final 4 minutes of cooking time.	12 Minutes per 450g (1lb)	Stage 1: DUAL GRILL, MEDIUM HIGH. Stage 2: GRILL.
Pork Chops (with bone)	<ul style="list-style-type: none">As above.	14 Minutes per 450g (1lb)	Stage 1: DUAL GRILL, MEDIUM HIGH. Stage 2: GRILL.

Note: Ensure you read all cookery notes on page 30, for advice and explanations of symbols before proceeding.



DUAL GRILL - (MICROWAVE & UPPER GRILL)

FOOD	METHOD	COOKING TIME	COOKING MODE
Crispy crumb foods (chilled)	<ul style="list-style-type: none">Place in a flan dish on the rack. Use sequence programming: Stage 1: Cook on DUAL GRILL, MEDIUM LOW for first half of cooking time. Turn over. Stage 2: GRILL for second half of cooking time. ▲ Stand for 2-3 minutes after cooking.	9-10 Minutes for 100g (4oz)	Stage 1: DUAL GRILL, MEDIUM LOW. Stage 2: GRILL.
	<ul style="list-style-type: none">As above	11-12 Minutes for 200g (7oz)	Stage 1: DUAL GRILL, MEDIUM LOW. Stage 2: GRILL.
	<ul style="list-style-type: none">As above	12-13 Minutes for 400g (14oz)	Stage 1: DUAL GRILL, MEDIUM LOW. Stage 2: GRILL.
Crispy crumb foods (frozen)	<ul style="list-style-type: none">Place in a flan dish on the rack. Use sequence programming: Stage 1: Cook on DUAL GRILL, MEDIUM for first half of cooking time. Turn over. Stage 2: GRILL for second half of cooking time. ▲ Stand for 2-3 minutes after cooking.	12 Minutes for 100g (4oz)	Stage 1: DUAL GRILL, MEDIUM. Stage 2: GRILL.
	<ul style="list-style-type: none">As above	14 Minutes for 200g (7oz)	Stage 1: DUAL GRILL, MEDIUM. Stage 2: GRILL.
	<ul style="list-style-type: none">As above	15 Minutes for 400g (14oz)	Stage 1: DUAL GRILL, MEDIUM. Stage 2: GRILL.
Oven chips (frozen)	<ul style="list-style-type: none">Place in a flan dish on the rack. Stage 1. Cook on Dual Grill Medium for half the cooking time. Turn over. Stage 2. Cook on Grill for second half of the cooking time. No standing time is required.	14 Minutes for 225g (8oz)	Stage 1: DUAL GRILL, MEDIUM. Stage 2: GRILL.
	<ul style="list-style-type: none">As above	18 Minutes for 450g (1lb)	Stage 1: DUAL GRILL, MEDIUM. Stage 2: GRILL.
Baked Potatoes	<ul style="list-style-type: none">Pierce each potato in several places. Place in a flan dish on the rack. Turn over after 8 minutes of the cooking time. No standing time is required.	16-17 Minutes for 500g (1lb 2oz) 2 potatoes (250g each)	DUAL GRILL, MEDIUM HIGH.
Roast Potatoes	<ul style="list-style-type: none">Cut into even sized pieces. Brush with oil. Place in a flan dish on the rack. Turn over halfway through cooking. No standing time is required.	24-25 Minutes for 675g (1½lb) potatoes	DUAL GRILL, MEDIUM.
Garlic Bread	<ul style="list-style-type: none">Remove any packaging. Place in a flan dish on the rack. No standing time is required.	6 Minutes for 1 baguette.	DUAL GRILL, LOW.
Toasted Sandwich	<ul style="list-style-type: none">Prepare sandwich: Place two slices of ham and 50g (2oz) grated cheese between 2 slices of bread and butter. Place sandwich in a flan dish on the rack. Turn over after 3 minutes of the cooking time. No standing time is required.	8 Minutes for 1 sandwich	DUAL GRILL, LOW.

Note: Ensure you read all cookery notes on page 30, for advice and explanations of symbols before proceeding.





OVEN - (UPPER AND LOWER HEATING SYSTEM)

FOOD	METHOD	COOKING TIME	COOKING MODE
Beef/Lamb	<ul style="list-style-type: none">Place fat side down in a casserole dish with a lid, onto the turntable. Turn over halfway through cooking.	27-30 Minutes for 450g (1lb)	Cover, place on the turntable, bake at 160°C.
Pork	<ul style="list-style-type: none">Place fat side down in a casserole dish with a lid, onto the turntable. Turn over halfway through cooking.	35-40 Minutes for 450g (1lb)	Cover, place on the turntable, bake at 160°C.
Chicken	<ul style="list-style-type: none">Pierce, place fat side down in a casserole dish with a lid, onto the turntable. Turn over halfway through cooking.	23 Minutes for 450g (1lb)	Cover, place on the turntable, bake at 160°C.
Chicken Leg Portions	<ul style="list-style-type: none">Pierce, place best side down in a flan dish on the turntable. Turn over halfway through cooking.	18 Minutes for 450g (1lb)	Cover, place on the turntable, bake at 160°C.
Mixed Portions (Leg/Breast /Fillet)	<ul style="list-style-type: none">Pierce, place best side down in a flan dish on the turntable. Turn over halfway through cooking.	20 Minutes for 450g (1lb)	Cover, place on the turntable, 160°C.
Baked Potatoes	<ul style="list-style-type: none">Pierce and place on the turntable.	60 Minutes 2 potatoes 250g each	Place on the turntable, bake at 160°C.
Crispy Crumb <ul style="list-style-type: none">Chilled	<ul style="list-style-type: none">Place in a flan dish on the turntable.	15 Minutes for 300g (10oz)	Place on the turntable, bake at 160°C.
<ul style="list-style-type: none">Frozen	<ul style="list-style-type: none">Place in a flan dish on the turntable.	20 Minutes for 300g (10oz)	Place on the turntable, bake at 160°C.
Pie Frozen <ul style="list-style-type: none">Sweet	<ul style="list-style-type: none">Place the pie in its foil container on the turntable.	30 Minutes for 450g (1lb)	Place on the turntable, bake at 130°C.
<ul style="list-style-type: none">Savoury	<ul style="list-style-type: none">Place the pie in its foil container on the turntable.	35 Minutes for 450g (1lb)	Place on the turntable, bake at 130°C.
Pie Chilled <ul style="list-style-type: none">Sweet	<ul style="list-style-type: none">Place the pie in its foil container on the turntable.	20 Minutes for 450g (1lb)	Place on the turntable, bake at 130°C.
<ul style="list-style-type: none">Savoury	<ul style="list-style-type: none">Place the pie in its foil container on the turntable.	15 Minutes for 450g (1lb)	Place on the turntable, bake at 130°C.
Gratins Chilled	<ul style="list-style-type: none">Place container in a flan dish or directly on the turntable.	20 Minutes for 450g (1lb)	Place on the turntable, bake at 160°C.
<ul style="list-style-type: none">Frozen	<ul style="list-style-type: none">Place container in a flan dish or directly on the turntable.	30 Minutes for 450g (1lb)	Place on the turntable, bake at 160°C.
Garlic Bread Chilled/Frozen	<ul style="list-style-type: none">Place in a flan dish on the turntable.	15 Minutes 1 baguette	Place on the turntable, bake at 130°C.
Casserole	<ul style="list-style-type: none">Place all ingredients into a large casserole dish with 600ml (1 pint) of stock. Cover the dish with a lid and place on the turntable. Stir 2-3 times.	45 Minutes for 450g (1lb) of meat	Cover, place on the turntable, bake at 160°C.
Roast Potatoes	<ul style="list-style-type: none">Cut into even sized pieces and place in a flan dish with 90ml (6 tablespoons) of oil turn over every 10 minutes.	30 Minutes for 450g (1lb)	Place on the turntable, bake at 160°C, turn over every 10 minutes.

Note: Meat should be cooked in a glass casserole dish with glass lid.



DOUBLE (TOP AND BOTTOM) GRILLS

FOOD	METHOD	COOKING TIME	COOKING MODE
Beefburgers (Frozen)	<ul style="list-style-type: none">Place directly onto the turntable. Turn over halfway through cooking.	8 Minutes for 225g (4 Burgers) 12 Minutes for 400g (8 Burgers)	TOP AND BOTTOM GRILLS
Crispy Crumb Foods (Chilled)	<ul style="list-style-type: none">Place directly onto the turntable. Turn over halfway through cooking.	8-10 Minutes for 100g 12-14 Minutes for 300g 14-16 Minutes for 400g	TOP AND BOTTOM GRILLS
Lamb Chops & Boneless Pork Chops	<ul style="list-style-type: none">Place directly onto the turntable. Turn over halfway through cooking.	10-12 minutes for 100g 12-14 minutes for 300g	TOP AND BOTTOM GRILLS
Pork Chops (with bone)	<ul style="list-style-type: none">Place directly onto the turntable. Turn over halfway through cooking.	12-14 minutes for 100g 14-16 minutes for 300g	TOP AND BOTTOM GRILLS
Pizza, Chilled (Thin & Deep)	<ul style="list-style-type: none">Place directly onto the turntable. For the 1st stage of cooking use top and bottom grills then the 2nd stage use the top grill only.	For 200g 1st stage 4 minutes 2nd stage 4 minutes	TOP AND BOTTOM GRILLS TOP GRILL ONLY
		For 400g 1st stage 6 minutes 2nd stage 4 minutes	TOP AND BOTTOM GRILLS TOP GRILL ONLY
		For 800g 1st stage 8 minutes 2nd stage 4 minutes	TOP AND BOTTOM GRILLS TOP GRILL ONLY
Oven Chips (Frozen)	<ul style="list-style-type: none">Place directly onto the turntable. Turn over halfway through cooking.	10 minutes for 100g 12-14 minutes for 200g 14-16 minutes for 300g	TOP AND BOTTOM GRILLS
Sausages (Thin)	<ul style="list-style-type: none">Pierce skin, place directly onto the turntable. Turn over halfway through cooking.	8 minutes for 225g 12 minutes for 450g	TOP AND BOTTOM GRILLS
Gammon Steak	<ul style="list-style-type: none">Place directly onto the turntable. Turn over halfway through cooking.	8-10 minutes for 100g 10-12 minutes for 225g	TOP AND BOTTOM GRILLS
Toasted Sandwich	<ul style="list-style-type: none">Place two slices of ham and 50g (2oz) grated cheese between two slices of bread and butter. Place directly onto the turntable. Turn over after four minutes.	6 minutes for one sandwich	TOP AND BOTTOM GRILLS
	<ul style="list-style-type: none">As above, double the ingredients. Turn over after five minutes.	8 minutes for two sandwiches	TOP AND BOTTOM GRILLS



REHEATING

FOOD	METHOD	COOKING TIME	COOKING MODE
Canned foods (soups, beans, vegetables, etc.)	<ul style="list-style-type: none">Remove from the can. Place in a dish, cover. Stir halfway through cooking. Stand for 2 minutes after cooking.	5-6 Minutes for 425g (15oz) can	HIGH
Christmas pudding	<ul style="list-style-type: none">Place in a flan dish. Do not exceed cooking time advised by food manufacturer. Stand for 30 seconds after cooking.As abovePlace in a flan dish. Do not exceed cooking time advised by food manufacturer. Stand for 1 minute after cooking.	40-50 seconds for 125g (5oz) slice 1 Minute for 175g (6oz) pudding 4-5 Minutes for 450g (1lb) pudding	MEDIUM HIGH MEDIUM HIGH MEDIUM HIGH
Bread rolls/ Croissants	<ul style="list-style-type: none">Place on the turntable	20-30 seconds for 2	MEDIUM HIGH
Sausage rolls (cooked, chilled approx. 50g (2oz) each)	<ul style="list-style-type: none">Place in a flan dish on the rack. Stand for 2 minutes after cooking.	6 Minutes for 6 sausage rolls	DUAL TOP GRILL, MEDIUM LOW.
Quiche, (cooked, chilled)	<ul style="list-style-type: none">Remove foil container. Place in a flan dish on the rack. Stand for 3 minutes after cooking.	11-12 Minutes for 450g (1lb) quiche	DUAL TOP GRILL,, MEDIUM LOW.
Meat Pie (cooked, chilled)	<ul style="list-style-type: none">Remove foil container. Place in a flan dish on the rack. Stand for 3 minutes after cooking.	7-8 Minutes for 450g (1lb) pie	DUAL TOP GRILL, MEDIUM.
Fruit Pie (cooked, chilled)	<ul style="list-style-type: none">Remove foil container. Place in a flan dish on the rack. Stand for 3 minutes after cooking.	8-9 Minutes for 450g (1lb) pie	DUAL TOP GRILL, LOW.

Note: Ensure you read all cookery notes on page 30, for advice and explanations of symbols before proceeding.

CONVERSION CHARTS

WEIGHT MEASURES	
15g	$\frac{1}{2}$ oz
25g	1oz
50g	2oz
100g	4oz
175	6oz
225g	8oz
450g	1lb

VOLUME MEASURES	
30ml	1floc
100ml	3floc
150ml	5floc ($\frac{1}{4}$ pint)
300ml	10floc ($\frac{1}{2}$ pint)
600ml	20floc (1 pint)

SPOON MEASURES	
1.25ml	$\frac{1}{4}$ teaspoon
2.5ml	$\frac{1}{2}$ teaspoon
5ml	1 teaspoon
15ml	1 tablespoon





STARTERS

MUSHROOM SOUP

SERVES 4

1 medium onion, chopped
175g (6oz) mushrooms, sliced
25g (1oz) butter
25g (1oz) plain flour
450ml (3/4 pint) hot vegetable stock
2.5ml (1/2 tsp) dried marjoram (see Tip, page 47)
salt and pepper to taste
300ml (1/2 pint) milk

PREPARATION TIME - 6 MINUTES

- 1 Cook the onion, mushrooms and butter together in a bowl on HIGH for 4 minutes.
- 2 Stir in the flour to form a paste, gradually add the stock.
- 3 Stir in the marjoram, salt and pepper to taste. Cook on HIGH for 8-9 minutes, stir after 4 minutes.
- 4 Blend and add the milk, cook on HIGH for 6 minutes.

BROCCOLI & BLUE CHEESE SOUP

SERVES 4

15ml (1tbsp) sunflower oil
1 large onion, finely chopped
400g (14oz) broccoli, broken into small florets
1 litre (1 3/4 pints) hot vegetable stock
300ml (1/2 pint) low fat natural yoghurt
100g (4oz) Blue Stilton/Danish Blue, crumbled
salt and pepper to taste

PREPARATION TIME - 8 MINUTES

- 1 Place oil, onion and broccoli in a large bowl, mix well. Cover and cook on HIGH for 4-5 minutes.
- 2 Add the stock, mix well. Cover and cook on HIGH for 8-10 minutes.
- 3 Blend in a food processor. Return to bowl, stir in yoghurt and cheese. Season. Heat on MEDIUM HIGH for 6-7 minutes, stir every 2 minutes.

BAKED AVOCADOS WITH HAM

SERVES 2 OR 4

50g (2oz) butter
50g (2oz) fresh brown breadcrumbs
100g (4oz) cooked ham, finely chopped
90ml (6tbsp) double cream
salt and pepper to taste
5ml (1tsp) fresh parsley, chopped
2 large ripe avocados (see Tip, page 48)
15ml (1tbsp) lemon juice (see Tip, page 40)
50g (2oz) cheese, grated

Garnish with fresh sprigs of parsley to serve

PREPARATION TIME - 8 MINUTES

- 1 Place the butter in a bowl and heat on HIGH for 1 minute. Stir in the breadcrumbs and ham, add enough cream to bind the mixture. Season with salt and pepper to taste and stir in the parsley, cook on HIGH for 2-3 minutes.
- 2 Cut the avocados in half, remove the stone and brush the flesh with lemon juice. Fill each avocado half with the breadcrumb mixture.
- 3 Place the avocados in a large flan dish and sprinkle with the grated cheese.
- 4 Place the dish on the rack, use sequence programming (see page 21) to cook on HIGH for 1 minute, then on GRILL for 6-7 minutes until brown and crispy.

CRISPY STUFFED MUSHROOMS

SERVES 4

12 medium open cap mushrooms
75g (3oz) butter
2 cloves garlic, crushed (See Tip, page 45)
75g (3oz) fresh breadcrumbs
50g (2oz) cheese, grated

Variation:

Stilton Stuffed Mushrooms: Omit garlic and grated cheese. Add 100g (4oz) Stilton, crumbled at Stage 2.

PREPARATION TIME - 6 MINUTES

- 1 Remove and chop mushroom stalks. Place mushroom caps onto the turntable open side up.
- 2 Heat butter with garlic on HIGH for 1 minute, stir in chopped mushroom stalks and breadcrumbs. Fill mushrooms with mixture, sprinkle with cheese.
- 3 Cook on the turntable using the upper and lower grills for 10-11 minutes.



STARTERS

VOL-AU-VENTS

SERVES 8 - 10

16 medium vol-au-vent cases
milk to glaze
100g (4oz) cooked chicken, finely chopped
3 spring onions, finely sliced
75g (3oz) mushrooms, finely chopped
5ml (1tsp) fresh parsley, chopped
salt and pepper to taste
sauce:
50g (2oz) butter
50g (2oz) plain flour
300ml (1/2 pint) milk
2.5ml (1/2tsp) nutmeg, grated
fresh chives, chopped to garnish

Ideal for buffets or special occasions.

PREPARATION TIME - 12 MINUTES

- 1 Preheat the oven to 160°C (See page 13).
- 2 Place 8 vol-au-vent cases on a large, greased flan dish and brush with milk.
- 3 Bake for 15 minutes on the turntable until golden.
- 4 Repeat for remaining vol-au-vent cases.
- 5 Place chicken, spring onions, mushrooms, parsley, salt and pepper in a bowl, mix well. Cover and cook on HIGH for 4 minutes.
- 6 To prepare the sauce, melt butter in a small bowl on HIGH for 1 minute, stir in the flour and gradually add the milk. Cook on HIGH for 4 minutes, stir every minute until smooth and thick. Stir in the nutmeg and chicken mixture.
- 7 Fill vol-au-vent cases with chicken mixture and sprinkle with the chives.

CHEESY FISH GOUJONS

SERVES 4

450g (1lb) white fish fillets
100g (4oz) fresh white breadcrumbs
75g (3oz) Parmesan cheese
salt and pepper to taste
1 egg (size 3), beaten
sunflower oil

Microwave Tip: More juice from oranges & lemons
Cut fruit in half and pierce with a fork. Place in a shallow flan dish, cut side down. Heat on HIGH for 2 minutes.

PREPARATION TIME - 8 MINUTES

- 1 Cut fish into thin strips approx. 6.4cm (2.5") long.
- 2 Combine breadcrumbs and cheese. Season.
- 3 Dip fish strips first into egg, then into breadcrumb mixture, coat evenly.
- 4 Brush a large flan dish with sunflower oil and spread the coated fish in a single layer over the base.
- 5 Cook on turntable using the UPPER AND LOWER GRILLS for 10 minutes. Turn over half way through cooking.

POACHED SALMON WITH MUSTARD SAUCE

SERVES 4

4 salmon steaks (approx. 200g (7oz) each)
45ml (3tbsp) dry white wine
300ml (1/2 pint) mustard sauce (see page 56)
sprig of fresh rosemary to garnish

Garnish with rosemary and serve with Mange-tout with Baby Sweetcorn, see page 49.

PREPARATION TIME - 6 MINUTES

- 1 Place the salmon steaks in a flan dish, pierce in several places. Add the wine. Cover and cook on HIGH for 8-9 minutes. Allow to stand whilst preparing the sauce.
- 2 Prepare the Mustard Sauce, see page 56.
- 3 Place salmon steaks in a serving dish, reheat on HIGH for 1 minute. Serve the sauce separately.

GARLIC PRAWNS

SERVES 6

50g (2oz) butter
3 cloves garlic, crushed (see Tip, page 45)
250g (9oz) tiger prawns, cooked and peeled
15ml (1tbsp) fresh parsley, chopped

Variation:

Garlic Mushrooms: Substitute prawns with 175g (6oz) mushrooms cut into quarters.

PREPARATION TIME - 4 MINUTES

- 1 Heat the butter on HIGH for 1 minute. Stir in the garlic and cook on HIGH for a further minute.
- 2 Stir in the prawns and cook on MEDIUM for 7 minutes, stirring every minute. Sprinkle with parsley to serve. Serve in ramekin dishes with French bread.



FISH

FISH CRUMBLE PIE

SERVES 4

450g (1lb) white fish fillets (Cod or Haddock)
50g (2oz) butter
2 small courgettes, sliced
100g (4oz) mushrooms, sliced
75g (3oz) peas
300ml (½ pint) white sauce (see Page 56)
2.5ml (½ tsp) dried marjoram (see Page 47)
2.5ml (½ tsp) dried thyme (see Page 47)
salt and pepper to taste
crumble:
125g (5oz) plain flour
75g (3oz) jumbo oats
100g (4oz) margarine
50g (2oz) cheese, grated
1.25ml (¼ tsp) dried marjoram (see page 47)
salt and pepper to taste

PREPARATION TIME - 12 MINUTES

- 1 Arrange fish in a single layer in a large flan dish. Cover and cook on HIGH for 5-6 minutes.
- 2 Place butter, courgette, mushrooms and peas in a 2.5 litre (approx. 4 pint) casserole dish. Cover and cook on HIGH for 2-3 minutes. Stir in flaked fish.
- 3 Stir herbs into sauce. Season. Add to fish mixture.
- 4 To prepare crumble, place the flour and oats in a bowl, rub in the margarine until the mixture resembles breadcrumbs. Spread crumble over the fish mixture and sprinkle generously with cheese and marjoram. Season.
- 5 Place on the turntable and bake at 130°C for 20 minutes, then 160°C for 10 minutes until brown.

SALMON AND CHEESE PARCELS

SERVES 4

225g (8oz) salmon fillet, chpped
225 (8oz) canned / fresh asparagus, chopped
225 (8oz) cream cheese and chives
salt and pepper to taste
15ml (1tbsp) fresh dill, chopped
450g (1lb) puff pastry
1 egg, to glaze
fresh chives, chopped to garnish

PREPARATION TIME - 18 MINUTES

- 1 Place the salmon, cream cheese, asparagus, seasoning and dill in a bowl, mix well. Cook for 2 minutes on 70% MEDIUM/HIGH, stirring once. Leave to cool.
- 2 Preheat the oven to 200°C.
- 3 Roll out and cut pastry into four 15.3cm (7") squares.
- 4 Divide salmon mixture into 4 and place in the centre of each square. Brush edges with egg. Form parcels by folding the corners over the filling. Pinch edges to form a raised edge. Brush with egg. Place in two large, greased flan dishes or round baking trays.
- 5 Place one dish on the turntable. Cook for 12 minutes on 160°C until golden. Repeat for the other flan dish.

FISH KEBABS

SERVES 4

4 wooden skewers (see Tip, page 47)
2 courgettes, cut into 8 chunks
4 medium mushrooms, stalks removed
450g (1lb) firm fleshed fish skinned and cut into 8 cubes
4 slices of orange
2 firm medium tomatoes, halved
5ml (1tsp) fresh dill, chopped
50g (2oz) butter

PREPARATION TIME - 10 MINUTES

- 1 Thread pieces of courgette, mushroom, fish, orange and tomato onto each skewer in a regular sequence. Leave no wood exposed.
- 2 Heat the dill and butter in a small bowl on HIGH for 1 minute. Brush kebabs with the dill butter, place in a flan dish on the rack.
- 3 Cook on DUAL GRILL-1 (see page 11), MEDIUM for 12 minutes. Turn over and rearrange the kebabs every 3-4 minutes.



MEAT

PICNIC PASTIES

SERVES 4

200g (7oz) cooked ham, roughly chopped
25g (1oz) margarine
100g (4oz) button mushrooms, finely sliced
4-6 spring onions, finely sliced
5ml (1tsp) dried mixed herbs
salt and pepper to taste
100g (4oz) cheese, grated
pastry:
100g (4oz) plain flour
100g (4oz) plain wholemeal flour
5ml (1tsp) dried mixed herbs (Tip, page 47)
salt and pepper to taste
100g (4oz) margarine
cold water to mix
1 egg (size 3), beaten to glaze

PREPARATION TIME - 15 MINUTES

- 1 Combine ham, margarine, mushrooms, onion, herbs and seasoning. Cook on HIGH for 2-3 minutes. Stir in cheese, allow to cool.
- 2 To make pastry mix flour, herbs and seasoning. Rub in margarine until mixture resembles breadcrumbs. Add enough water to form a soft dough. Roll out pastry, cut out four 20.4cm (8") circles of pastry and dampen edge with water.
- 3 Spoon ham mixture into the centre of each pastry circle. Fold pastry over to form a semi-circle pasty. Pinch edges together and brush surface with egg. Place two pasties in a greased flan dish.
- 4 Place on turntable and cook at 130°C for 20 minutes until brown and crispy. Repeat for the remaining two pasties.

BOLOGNESE SAUCE

SERVES 4

50g (2oz) butter
45ml (3tbsp) vegetable oil
2 small onions, finely chopped
2 sticks of celery, finely chopped
2 cloves garlic, crushed (see Tip, page 45)
3 rashers of bacon, finely chopped
1 bay leaf
400g (14oz) canned, chopped tomatoes
30ml (2tbsp) tomato purée
450g (1lb) lean minced meat
30ml (2tbsp) dried mixed herbs (see Tip, page 47)
300ml (1/2 pint) dry red wine
300ml (1/2 pint) hot stock
salt and pepper to taste

PREPARATION TIME - 12 MINUTES

- 1 Melt the butter and oil in a large bowl on HIGH for 1 minute. Stir in the onion, celery, garlic and bacon. Cover and cook on HIGH for 7-8 minutes.
- 2 Add the bay leaf, tomatoes, purée and minced meat to the vegetable mixture. Cook on HIGH for 9-10 minutes, stir 2-3 times during cooking.
- 3 Add herbs, wine, stock. Season, mix well. Cover and cook on HIGH for 5 minutes, then for 21-22 minutes on MEDIUM until sauce is thick. Stir 2-3 times during cooking. Serve hot with spaghetti.

Shepherd's Pie: Make as above, omit wine. Place in a dish and top with 700g (1 1/2 lb) mashed potato. Place on turntable and cook on DUAL GRILL-1 (see page 11), MEDIUM HIGH for 9-10 minutes until evenly brown.

Chilli con carne: Make as above. At Stage 3 add 450g (1lb) canned red kidney beans (drained) and 5-15ml (1-3tsp) chilli powder, to taste.

MEXICAN TACOS

SERVES 4

225g (8oz) lean minced beef, pork or lamb
2 cloves garlic, crushed (see Tip, page 45)
1 small onion, chopped
2 fresh, green chillis, chopped
225g (8oz) canned, chopped tomatoes
100g (4oz) canned, red kidney beans
8 taco shells, pre-cooked
175g (6oz) Cheddar cheese, grated

Mexican dish of spicy filled corn tortillas. Serve with Guacamole, soured cream and crisp salad.

PREPARATION TIME - 15 MINUTES

- 1 Place the mince, garlic and onion in a bowl, mix well. Cook on HIGH for 7-8 minutes, stir twice.
- 2 Stir in chillis, tomatoes and beans. Cook on HIGH for 18 minutes. Place taco shells on kitchen paper on turntable. Heat on HIGH for 2 minutes. Fill with chilli bean mixture, sprinkle with cheese.
- 3 Pack tacos together, open end up in a large casserole or flan dish. Place on turntable, cook on DUAL GRILL-1 (see page 11), MEDIUM LOW for 7-8 minutes.



MEAT

STEAK AND KIDNEY PUDDING

SERVES 4

450g (1lb) stewing steak, chopped
100g (4oz) kidney, chopped
1 medium onion, chopped
2.5ml (½tsp) dried mixed herbs (see Tip, page 47)
450ml (¾ pint) beef stock
15ml (1tbsp) cornflour mixed with a little water
pastry:
225g (8oz) self-raising flour
2.5ml (½tsp) salt
5ml (1tsp) baking powder
100g (4oz) suet
150ml (¼ pint) cold water
15ml (1tbsp) milk

PREPARATION TIME - 20 MINUTES

- 1 Place steak, kidney, onion, mixed herbs and stock in a casserole dish. Cover and cook on MEDIUM for 65-70 minutes. Stir after half the cooking time and add the cornflour to thicken.
- 2 To make the pastry, place the flour, salt, baking powder and suet in a bowl, mix well.
- 3 Add enough cold water to form a soft dough. Roll out $\frac{2}{3}$ of the pastry and use it to line the base and sides of a greased 1.2 litre (2 pint) pudding basin.
- 4 Fill pastry lined basin with meat. Roll out remaining pastry, cut out a circle to cover pudding. Brush with milk. Make a slit in the centre. Cover with cling film, cook on HIGH for 13-14 minutes.

SAUSAGE & CELERY PLAIT

SERVES 4

pastry:
100g (4oz) plain flour
125g (5oz) plain wholemeal flour
100g (4oz) margarine
cold water to mix
filling:
3 sticks celery, sliced
100g (4oz) mushrooms, chopped
1 small onion, finely chopped
225g (8oz) low fat sausages, skinned and mashed
10ml (2tsp) mild curry paste
2.5ml (½tsp) dried basil (see Tip, page 47)
salt and pepper to taste
1 egg (size 3), beaten to glaze
sunflower seeds to sprinkle

PREPARATION TIME - 25 MINUTES

- 1 Place flours in a bowl, rub in the margarine until the mixture resembles fine breadcrumbs. Combine with enough cold water to make a firm dough. Chill whilst preparing the filling.
- 2 Place celery, mushrooms and onion in a bowl. Cook on HIGH for 4-5 minutes. Stir halfway through cooking.
- 3 Add sausage, curry paste, basil and seasoning.
- 4 Roll out pastry to make a rectangle 30 x 23cm (12 x 9"). Spoon sausage mixture down the centre in a band 6cm (2.4") wide.
- 5 Make diagonal cuts in pastry 1cm (½") apart down each side of the filling and brush with a little of the beaten egg. Fold end of pastry over the meat, fold pastry strips alternately from each side over the filling to create a plait. Place plait in a greased flan dish, brush with egg. Sprinkle with sunflower seeds.
- 6 Place on turntable, cook at 160°C for 25 minutes.

BEEF STROGANOFF

SERVES 4

1kg (2lb) rump steak, cut into strips
50g (2oz) plain flour
salt and pepper to taste
1 large onion, finely chopped
30ml (2tbsp) tomato purée
450ml (¾ pint) hot beef stock
150ml (¼ pint) red wine
100g (4oz) mushrooms, thinly sliced
150ml (¼ pint) soured cream

PREPARATION TIME - 10 MINUTES

- 1 Place the steak, flour, salt and pepper in a 2.5 litre (approx. 4 pint) casserole dish, mix well.
 - 2 Stir in the onion, purée, stock and wine. Cover and cook on MEDIUM for 50-55 minutes, stir 2-3 times during cooking.
 - 3 Stir in mushrooms, cook on MEDIUM for 6-7 minutes.
 - 4 Stir in the cream before serving.
- Serve on a bed of tagliatelle or rice.*



POULTRY

CHICKEN SATAY

SERVES 4

marinade:

15ml (1tbsp) groundnut oil

15ml (1tbsp) lemon juice (see Tip, page 40)

30ml (2tbsp) satay sauce

1 clove garlic, crushed (see Tip, page 45)

Tabasco sauce to taste

4 wooden skewers (see Tip, page 47)

450g (1lb) chicken fillets, cubed

PREPARATION TIME - 10 MINUTES

- 1 Place all the marinade ingredients in a large bowl, mix well. Stir in the chicken, refrigerate for 2 hours to marinate.
- 2 Thread the chicken onto skewers leaving no wood exposed. Place in a large flan dish on the rack. Cook on DUAL GRILL-1 (see page 11), MEDIUM HIGH for 11-12 minutes. Turn over and rearrange skewers every 3 minutes.

CHICKEN & CAMEMBERT PARCELS

SERVES 4

CAMEMBERT AND SPRING ONION ENCASED IN TENDER CHICKEN FILLETS.

4 large chicken breast fillets, skinned

100g (4oz) Camembert, finely chopped

3 spring onions, finely chopped

2.5ml (½tsp) dried parsley

salt and pepper to taste

cocktail sticks to secure

PREPARATION TIME - 12 MINUTES

- 1 Open out chicken breasts, flatten with a rolling pin.
- 2 Place Camembert, onions, parsley and seasoning in a bowl, mix well. Place a quarter of the mixture in the centre of each breast. Fold up into a tight parcel. Secure with cocktail sticks. Ensure no filling is visible.
- 3 Place the breasts seam-side upwards in a flan dish.
- 4 Place the flan dish on the rack.
- 5 Cook on DUAL GRILL-1 (see page 11) HIGH for 12 minutes, turn over after 6 minutes.

Sprinkle with toasted almonds to serve.

Microwave Tip: Toasting Almonds

Place 25g (1oz) almonds in a shallow flan dish with a knob of butter, heat on HIGH for 3 minutes, stir every minute until golden.

CHICKEN KORMA

SERVES 6

A MILD FLAVOURED, CREAMY INDIAN DISH. SERVE WITH RICE AND POPPADUMS (SEE TIP, PAGE 48).

900g (2lb) chicken, cut into large pieces

175g (6oz) natural yoghurt

2 cloves garlic, crushed (see Tip, page 45)

25g (1oz) creamed coconut

10ml (2tsp) turmeric

25g (1oz) butter

1 large onion, sliced

5cm (2") piece fresh ginger, grated

2.5ml (½tsp) chilli powder

5ml (1tsp) coriander seeds

5 whole cloves

5ml (1tsp) cinnamon

10ml (2tsp) cornflour

100g (4oz) single cream

25g (1oz) roasted cashew nuts

PREPARATION TIME - 1¼ HOURS

- 1 Place chicken in a bowl, stir in yoghurt, garlic, creamed coconut and turmeric. Cover and marinate for at least 1 hour in the refrigerator.
- 2 Place butter in a large bowl, heat on HIGH for 1 minute, until melted. Add the onion and cook on HIGH for 2 minutes. Stir in the ginger, chilli powder and coriander, cook on HIGH for 1 minute.
- 3 Add the chicken and marinade, mix well. Stir in the cloves and cinnamon. Cover and cook on HIGH for 8-9 minutes, stirring after 3 minutes.
- 4 Rearrange the chicken pieces and cook on MEDIUM for 6-7 minutes.
- 5 Combine the cornflour with the cream and stir into the chicken. Cook on HIGH for 6 minutes, stir after 3 minutes. Sprinkle with cashew nuts.



POULTRY

CHICKEN BREASTS PARMESAN

SERVES 6

IDEAL SERVED WITH NEW POTATOES, CRISP VEGETABLES AND A GLASS OF RED WINE.

50g (2oz) fresh breadcrumbs
50g (2oz) Parmesan cheese, freshly grated
1 egg (size 3), beaten
675g (1½lb) boneless chicken breasts
25g (1oz) plain flour
400g (14oz) canned chopped tomatoes
1 clove garlic, crushed (see Tip, below)
10ml (2tsp) fresh oregano, chopped
300ml (½ pint) chicken stock
salt and pepper to taste
50g (2oz) Cheddar or Parmesan cheese, grated

Microwave Tip: Peeling garlic easily

Place 3-4 cloves of garlic on the turntable. Heat on HIGH for 30 seconds, squeeze at one end until clove pops out.

PREPARATION TIME - 12 MINUTES

- 1 Combine breadcrumbs and cheese.
- 2 Beat the egg on a plate. Dip each breast first into the egg and then into the breadcrumb mixture until thoroughly coated, place in a 2.5 litre (approx. 4 pint) casserole dish and put to one side.
- 3 Place flour in a bowl, mix to a paste with a little of the tomato juice. Stir in the rest of the tomatoes, garlic, oregano and chicken stock, salt and pepper, mix well. Heat on HIGH for 3-4 minutes, stirring every minute until thickened.
- 4 Spoon tomato mixture over the chicken breasts.
- 5 Place on the turntable, cook for 50 minutes at 160°C.
- 6 Rearrange the chicken pieces twice whilst cooking.
- 7 Sprinkle generously with grated cheese, 15 minutes before the end of cooking.

HONEYED CHICKEN

SERVES 4

4 chicken breasts
30ml (2tbsp) clear honey (See Tip, opposite)
5ml (1tsp) whole grain mustard
2.5ml (½tsp) dried tarragon
15ml (1tbsp) tomato purée
150ml (¼ pint) chicken stock
salt and pepper

PREPARATION TIME - 6 MINUTES

- 1 Place the chicken breasts in a casserole dish.
- 2 Mix all remaining ingredients together and pour over the chicken.
- 3 Cook on MEDIUM HIGH for 11-12 minutes. Coat the chicken with the sauce several times during cooking.

Microwave Tip: Softening crystallised honey

Place 100g (4oz) honey in a bowl. Heat on HIGH for 1 minute until runny.

CRISPY PEKING DUCK

SERVES 4

2kg (4½lb) oven ready duckling
soy sauce to brush
To serve:
32 ready made Chinese pancakes
1 bunch spring onions, cut into 5cm (2") fingers
½ cucumber, cut into 5cm (2") fingers
120ml (4floz) hoi sin sauce

Serve each person with 8 pancakes and some of the duckling including the skin. Serve onion, cucumber and sauce separately. Spread a little of the sauce on a pancake, top with onion, cucumber and duck. Roll up and eat.



PREPARATION TIME - 15 MINUTES

- 1 Wash the duck and pat dry with kitchen paper. Calculate the cooking time at 10-11 minutes per 450g (1lb). Place the duck breast side down on the rack and brush with soy sauce.
- 2 Cook on HIGH for the calculated cooking time. Turn the duck over halfway through cooking, pierce lightly with a fork and brush with soy sauce.
- 3 After cooking, cut the duck (including the skin) into small pieces. Place in a large flan dish sprinkle generously with soy sauce, toss to coat evenly.
- 4 Place on the rack and GRILL for 12-14 minutes until evenly crispy, stir 2-3 times during cooking.
- 5 To reheat the pancakes, stack in a clean, damp tea towel, heat on MEDIUM HIGH for 3 minutes.



VEGETARIAN

VEGETABLE CHILLI

SERVES 4-6

30ml (2tbsp) olive oil
2 medium onions, chopped
2 cloves garlic, crushed (see Tip, page 45)
225g (8oz) small carrots, chopped
1 large red pepper, seeded and sliced
100g (4oz) mushrooms, cut into quarters
5ml (1tsp) ground cumin
5ml (1tsp) dried oregano
10ml (2tsp) mild chilli powder
2.5ml (½tsp) cayenne pepper
225g (8oz) canned tomatoes
75g (3oz) tomato purée
225g (8oz) canned haricot beans
225g (8oz) canned red kidney beans
1 bay leaf
300ml (½ pint) hot vegetable stock
salt and pepper to taste

PREPARATION TIME - 20 MINUTES

- 1 Place the oil, onion and garlic in a large bowl, heat on HIGH for 2 minutes.
- 2 Add the carrots, red pepper and mushrooms, mix well. Cook on HIGH for 3 minutes.
- 3 Stir in the remaining ingredients, mix well. Cook on MEDIUM HIGH for 24-25 minutes, stir 3-4 times during cooking.
- 4 Remove the bay leaf before serving.

Serve hot with rice or as a filling for tacos.

Microwave Tip: Heating taco shells

Place 8-10 pre-cooked crisp taco shells on kitchen paper on the turntable. Heat on HIGH for 1½-2 minutes until warm. Spoon in filling as preferred.

SPINACH & MUSHROOM LASAGNE

SERVES 4-6

75g (3oz) butter
225g (8oz) mushrooms, thickly sliced
1 vegetable stock cube, crumbled
900g (2lb) frozen spinach
2.5ml (½tsp) nutmeg
325g (12oz) cottage cheese
salt and pepper to taste
12 pieces of lasagne
300ml (½ pint) cheese sauce (see page 56)
100g (4oz) Cheddar or Parmesan cheese, grated

Microwave Tip: Garlic bread

75g (3oz) butter, 2 cloves garlic, crushed, one small French stick, sliced. Mix butter and garlic together and spread onto the sliced bread. Wrap the stick in kitchen paper and heat on MEDIUM for 1-2 minutes until butter has melted.

PREPARATION TIME - 30 MINUTES

- 1 Place 50g (2oz) butter in a bowl, heat on HIGH for 1 minute. Add mushrooms and stock cube, mix well. Cook on HIGH for 2 minutes.
- 2 Heat spinach on HIGH for 12-14 minutes, stir 2-3 times. Drain. Stir in remaining butter, nutmeg, cheese, seasoning and mushroom mixture.
- 3 Line the base of a deep, square 20.4cm (8") dish with a layer of lasagne, followed by a layer of spinach mixture, cheese sauce and another layer of lasagne. Layer until all ingredients have been used, ensuring the final layer is lasagne, with enough cheese sauce to cover the surface. Sprinkle generously with grated cheese.
- 4 Place on the turntable, cook at 130°C for 40 minutes until well cooked.

STUFFED TOFU WITH SPICY TOMATO SAUCE

SERVES 4

450g (1lb) tofu, drained
100g (4oz) Mozzarella, thinly sliced
75g (3oz) Danish Blue, thinly sliced
1 quantity Spicy Tomato Sauce (see page 56)

PREPARATION TIME - 12 MINUTES

- 1 Cut tofu in half to make 4 pieces.
- 2 Slice each piece horizontally along one side to make a pocket. Fill each pocket with sliced cheese, place in a large flan dish. Pour in sauce.
- 3 Place on turntable, cook on MEDIUM for 12-14 minutes.



CHEESE & EGGS

BLUE CHEESE & CHIVE JACKETS

SERVES 2

2 baking potatoes (approx. 250g (9oz)) each
50g (2oz) butter
100g (4oz) blue cheese, finely chopped
15ml (1tbsp) chives, chopped
50g (2oz) mushrooms, finely chopped
salt and pepper to taste

Variation:

Cheese & sweetcorn jackets: Omit the blue cheese, chives and mushrooms. Add 100g (4oz) of grated Cheddar cheese and 50g (2oz) sweet corn kernels at Stage 2.

PREPARATION TIME - 20 MINUTES

- 1 Prick each potato in several places. Place in a flan dish on the rack. Cook on DUAL GRILL, HIGH for 14-16 minutes until brown and crispy. Turnover after 7 minutes.
- 2 Halve each potato and scoop the flesh into a bowl, add the butter, cheese, chives and mushrooms, mix well. Season. Pile the mixture back into the potato skins.
- 3 Place the filled potatoes in a flan dish on the rack. Cook on DUAL GRILL-1 (see page 11), MEDIUM for 7-8 minutes until brown and crispy.

Cook's Tip: Wooden skewers

To remove food easily from wooden skewers, soak the skewers in water for 30 minutes prior to using them.

Microwave Tip: Drying herbs

Place a handful of fresh herbs between two sheets of kitchen paper on the turntable. Heat on MEDIUM HIGH for 3 minutes until dry. Ensure the herbs do not become too dry. Woody herbs will take a little longer.

GOUDA CHEESE & OLIVE PIE

SERVES 4-6

225g (8oz) shortcrust pastry
225g (8oz) small onions, finely sliced
25g (1oz) butter
12 stuffed green olives, sliced
3 eggs (size 3), beaten
300ml (1/2 pint) single cream
salt and pepper to taste
125g (5oz) Gouda cheese, grated
5ml (1tsp) fresh parsley, chopped

PREPARATION TIME - 25 MINUTES

- 1 Line a 20.4 (8") flan dish with shortcrust pastry.
- 2 Place onion and butter in a bowl. Heat on HIGH for 2 minutes. Drain. Spread the onions evenly over the pastry base, top with olives.
- 3 Combine the eggs and cream. Season.
- 4 Pour cream mixture over the onions. Cover with cheese and sprinkle with parsley.
- 5 Place on the turntable, bake at 130°C for 30 minutes.

QUICHE LORRAINE

SERVES 4-6

275g (10oz) short crust pastry
6 rashers of bacon, chopped
1 large onion, finely chopped
4 eggs (size 3)
300ml (1/2 pint) milk
salt and pepper to taste
5ml (1tsp) dried mixed herbs
100g (4oz) Cheddar cheese, grated

Stilton & mushrooms: Replace bacon with 125g (5oz) sliced mushrooms and Cheddar with Stilton.

PREPARATION TIME - 18 MINUTES

- 1 Line a 20.4cm (8") flan dish with pastry.
- 2 Place bacon and onion in a bowl, cook on HIGH for 4 minutes.
- 3 Place eggs, milk, seasoning in a bowl, mix well.
- 4 Spread bacon and onion evenly over the pastry. Pour egg mixture over, top with grated cheese.
- 5 Place on the turntable, and cook at 130°C for 35-40 minutes, until set, brown and crispy.

Microwave Tip: Softening cream cheese

Place 225g (8oz) cream cheese on a plate. Heat on MEDIUM LOW for 1 minute until soft.



RICE & PASTA

EGG FRIED RICE

SERVES 4

30ml (2tbsp) groundnut oil
1 clove garlic, crushed (see Tip, page 45)
4 spring onions, sliced
100g (4oz) button mushrooms, halved
50g (2oz) peas
175g (6oz) long grain white rice, cooked
15ml (1tbsp) dark soy sauce
2 eggs (size 3), beaten
salt and pepper to taste

PREPARATION TIME - 8 MINUTES

- 1 Place the oil, garlic, spring onions, mushrooms and peas in a large bowl, mix well. Heat on HIGH for 2 minutes.
- 2 Stir in the rice and soy sauce. Heat on HIGH for 6-7 minutes, stir every 2-3 minutes until the rice is evenly hot.
- 3 Pour egg over the rice, do not stir into the rice. Cook on HIGH for 2 minutes and then break up the egg and stir evenly into the rice. Season.

Microwave Tip: Cooking poppadums

Place 2-4 poppadums on the turntable leaving space between them. Heat on HIGH for 30 seconds to 1 minute until puffed and bubbly. Allow to stand for 10-20 seconds.

BEEF RISOTTO

SERVES 4

30ml (2tbsp) olive oil
1 medium onion, finely chopped
1 stick celery, finely sliced
1 green pepper, seeded and sliced
1 red pepper, seeded and sliced
175g (6oz) beef fillet, thinly sliced into 5cm (2") strips
2.5ml (1/2tsp) cayenne pepper
5ml (1tsp) ground cumin
grated rind of 1 lemon
75g (3oz) peas
225g (8oz) white long grain rice
600ml (1 pint) hot beef stock
salt and pepper to taste

PREPARATION TIME - 12 MINUTES

- 1 Place the oil, onion, celery, red and green pepper in a large bowl, mix well. Heat on HIGH for 2 minutes. Stir in the beef and cook on HIGH for 5-6 minutes, stir halfway through cooking.
- 2 Stir in the remaining ingredients and cook on MEDIUM HIGH for 14-15 minutes until the rice is tender and all the beef stock has been absorbed, stir 2-3 times during cooking.

Variation: Make chicken risotto by substituting beef fillet for 225g (8oz) chicken breast fillet.

Microwave Tip: Softening avocados

Pierce an unpeeled avocado in several places. Place on the turntable and heat on HIGH for 1 minute. Allow to cool before peeling.

FETTUCCHINE CARBONARA

SERVES 4

225g (8oz) Fettuccine or other pasta
600ml (1pint) boiling water
225g (8oz) button mushrooms, halved
4 shallots, finely sliced
4 rashers bacon, chopped
25g (1oz) butter
300ml (1/2 pint) single cream
1 egg (size 3), beaten
15ml (1tbsp) fresh oregano, chopped
100g (4oz) peas
salt and pepper to taste

PREPARATION TIME - 10 MINUTES

- 1 Place the Fettuccine in a large bowl. Add the boiling water and cook on MEDIUM HIGH for 10-12 minutes until the pasta is tender, drain.
- 2 Place the mushrooms, shallots, bacon and butter in a bowl. Cook on HIGH for 3 minutes. Drain.
- 3 Beat the cream, egg and oregano together, add the mushroom mixture and peas. Season with salt and pepper to taste.
- 4 Pour over the cooked Fettuccine, toss gently, and heat on MEDIUM HIGH for 5 minutes, stir after 3 minutes.



VEGETABLES

VEGETABLE LOAF

SERVES 4-6

175g (6oz) fresh wholemeal breadcrumbs
1 large carrot, grated
2 small courgettes, sliced
1 large potato, grated
3 sticks of celery, sliced
4 rashers bacon, chopped (optional)
125g (5oz) Cheddar cheese, grated
2 eggs (size 3), beaten
salt and pepper to taste
75g (3oz) Cheddar cheese, grated to sprinkle
15ml (1tbsp) fresh parsley, chopped

PREPARATION TIME - 20 MINUTES

- 1 Combine breadcrumbs, carrot, courgette, potato and celery. Add bacon (if using), cheese, eggs, salt and pepper, mix well.
- 2 Pour mixture into a greased 1.5 litre (2.5 pint) loaf dish, cover with the cheese and parsley.
- 3 Place on turntable, use sequence programming to cook on MEDIUM for 17 minutes, then on DUAL GRILL-1 (see page 11), MEDIUM for 7 minutes.

COURGETTE & CASHEW NUT AU GRATIN

SERVES 4

450g (1lb) courgettes, sliced
275g (10oz) baby carrots
125g (5oz) mushrooms, sliced
125g (5oz) roasted cashew nuts
600ml (1 pint) cheese sauce (see page 56)
50g (2oz) fresh wholemeal breadcrumbs
50g (2oz) Stilton cheese, crumbled

PREPARATION TIME - 15 MINUTES

- 1 Place courgettes in bowl with 15ml (1tbsp) water. Cover, cook on HIGH for 3 minutes, stir after 2 minutes. Drain. Place carrots in a bowl with 30ml (2tbsp) water. Cover, cook on HIGH for 3 minutes, stir after 2 minutes. Drain. Add the mushrooms, courgettes and cashew nuts, cook on HIGH for 2 minutes. Place mixture in a 2.5 litre (approx. 4 pint) casserole dish. Cover with sauce and sprinkle with breadcrumbs and cheese.
- 2 Place on the rack, cook on DUAL GRILL-1 (see page 11), MEDIUM for 8 minutes until brown and crispy.

MANGE-TOUT WITH BABY SWEETCORN

SERVES 4

50g (2oz) butter
225g (8oz) baby sweetcorn
225g (8oz) mange-tout
salt and pepper to taste

PREPARATION TIME - 4 MINUTES

- 1 Heat butter on HIGH for 1 minute.
- 2 Add the sweetcorn, cover and cook on HIGH for 2 minutes. Stir in the mange-tout, cover and cook on HIGH for 3 minutes. Season and serve hot.

STIR FRIED VEGETABLES

SERVES 4

15ml (1tbsp) sunflower oil
30ml (2tbsp) soy sauce
15ml (1tbsp) sherry
2.5cm (1") root ginger, peeled and finely grated
1 clove garlic, crushed (see Tip, page 45)
2 medium carrots, cut into fine strips
100g (4oz) button mushrooms, halved
50g (2oz) beansprouts
100g (4oz) mange-tout
1 red pepper, seeded and thinly sliced
4 spring onions, chopped
100g (4oz) canned water chestnuts, sliced
half a head of chinese leaves, thinly sliced

PREPARATION TIME - 12 MINUTES

- 1 Place the oil, soy sauce, sherry, ginger, garlic and carrots in a large bowl and mix well. Cover and cook on HIGH for 4-5 minutes.
- 2 Stir in the mushrooms, beansprouts, mange-tout, red pepper, spring onions, water chestnuts and chinese leaves. Cook on HIGH for 5-6 minutes until the vegetables are tender, stir halfway through cooking.

NOTE: For information on using the DUAL GRILL see page 11 of the operation manual



DESSERTS

GOLDEN SYRUP DUMPLINGS

SERVES 4-6

syrup:

300ml (1/2 pint) water

200g (7oz) brown sugar

60ml (4tbsp) golden syrup

50g (2oz) butter

grated rind of 1 large orange

dumplings:

100g (4oz) self raising flour

50g (2oz) butter

15ml (1tbsp) caster sugar

1 egg (size 3), beaten

PREPARATION TIME - 8 MINUTES

- 1 Place syrup ingredients in a 2.5 litre (approx. 4 pint) casserole dish, mix well. Cook on HIGH for 8-10 minutes until sugar dissolves and sauce is thick, stir every 2 minutes.
- 2 Place flour in a bowl, rub in butter until mixture resembles fine breadcrumbs, stir in sugar. Bind with egg. If mixture is too dry, add a little water.
- 3 Roll into walnut sized balls (if sticky, add a little flour), place into hot syrup, allow space to spread. Cover dish. Cook on HIGH for 8-9 minutes, turn over after 4 minutes. Serve hot with vanilla ice-cream.

APPLE PIE

SERVES 6

100g (4oz) butter

225g (8oz) plain flour

25g (1oz) caster sugar

25g (1oz) milk

1 egg yolk (size 3)

cold water to mix

Filling:

1kg (2lb) cooking apples, peeled & sliced

100g (4oz) demerara sugar

10ml (2tsp) ground cinnamon (optional)

grated rind of 1 orange (optional)

1 egg (size 3) mixed with a little milk to glaze

demerara sugar to sprinkle

PREPARATION TIME - 25 MINUTES

- 1 For pastry, rub butter into flour until mixture resembles breadcrumbs. Stir in sugar and bind with egg yolk. Add enough cold milk to make a soft but not sticky dough. Chill whilst making the filling.
- 2 For filling, combine apple, sugar, cinnamon (if using) and orange rind (if using) in a large bowl. Cook on HIGH for 8 minutes, stirring twice.
- 3 Line the base of a greased, 20.4 x 2.5cm (8x1") pie dish with half the pastry. Cook the pastry base on MEDIUM for 7-8 minutes. Spoon in apple mixture, roll out remaining pastry and cover.
- 4 Pinch pastry edges to seal and make a slit in the centre with a sharp knife. Brush with egg mixture to glaze and sprinkle generously with sugar.
- 5 Place on turntable, cook at 130°C for 25 minutes.

PECAN PIE

SERVES 4-6

pastry:

125g (5oz) plain flour

100g (4oz) plain wholemeal flour

125g (5oz) butter

cold water to mix

filling:

225g (8oz) pecan nuts

225g (8oz) brown sugar

90ml (6tbsp) golden syrup

75g (3oz) butter, melted

3 eggs (size 3), beaten

5ml (1tsp) vanilla essence

PREPARATION TIME - 15 MINUTES

- 1 To prepare pastry combine the flours and rub in the butter until mixture resembles fine breadcrumbs. Add enough cold water to make a soft but not sticky dough.
- 2 Line a greased 25.4cm (10") flan dish with pastry. Spread pecan nuts evenly over base, prepare filling.
- 3 Beat the sugar, syrup, butter, eggs and vanilla essence together until smooth. Pour over nuts.
- 4 Place on the turntable, use sequence programming to cook for 10 minutes on MEDIUM LOW, then for 8 minutes on DUAL GRILL MEDIUM LOW until set.

Variation:

Pecan nuts can be substituted with walnuts.



DESSERTS/SWEETS

FIGGY PUDDING

SERVES 6

125g (5oz) dried figs, roughly chopped
125g (5oz) dried apricots, roughly chopped
100g (4oz) raisins
100g (4oz) currants
60ml (4tbsp) brandy
75g (3oz) plain flour
2.5ml (1/2tsp) allspice
2.5ml (1/2tsp) grated nutmeg
2.5ml (1/2tsp) ground cinnamon
50g (2oz) fresh breadcrumbs
75g (3oz) shredded suet
100g (4oz) soft brown sugar
50g (2oz) blanched almonds, roughly chopped
grated rind of 1 medium orange
grated rind of 1 medium lemon
1 eating apple, grated
15ml (1tbsp) black treacle
1 egg (size 3), beaten

PREPARATION TIME - 2 1/4 HOURS

- 1 Place figs, apricots, raisins, currants, and brandy in a large bowl, mix well. Leave for 2 hours.
- 2 Place the flour, spices, breadcrumbs, suet, sugar, almonds, orange and lemon rind and apple in a bowl, mix well. Stir into the dried fruit mixture along with the treacle and beaten egg.
- 3 Grease 1.2 litre (2 pint) pudding basin and line the base with a circle of kitchen paper. Spoon in the pudding mixture, smooth the surface and cover with cling film.
- 4 Cook on MEDIUM for 16-17 minutes until firm to the touch.

Serve with brandy sauce, see page 57.

Microwave Tip: Reheating Christmas pudding

Place a 500g (1lb 2oz) pudding in a shallow flan dish. Cover and heat on MEDIUM HIGH for 3-4 minutes.

CHOCOLATE FUDGE

MAKES 675g (1 1/2LB)

200g (8oz) milk chocolate, broken into pieces
200g (8oz) butter, melted
900g (2lb) icing sugar, sieved
90ml (8tbsp) milk

PREPARATION TIME - 6 MINUTES

- 1 Place the chocolate in a bowl and heat on HIGH for 2 minutes, stir every 30 seconds until melted.
- 2 Stir in butter, icing sugar and milk. Heat on HIGH for 6 minutes, stir vigorously every minute until the mixture is thick and glossy.
- 3 Pour into a greased, rectangular 20.4 x 15.3cm (9 x 7") dish, chill to set before cutting.

TREACLE TOFFEE

MAKES 300g (10oz)

225g (8oz) soft dark brown sugar
75ml (5tbsp) water
5ml (1tsp) treacle
25g (1oz) butter
30ml (2tbsp) malt vinegar

PREPARATION TIME - 4 MINUTES

- 1 Place all ingredients in a bowl, mix well. Heat on MEDIUM HIGH for 14 minutes, stir every 2-3 minutes until toffee reaches hard crack* stage. (See tip below).
- 2 Pour into a greased, square 15.3cm (6") dish. Chill to set before breaking.

***Hard crack:** To determine drop a teaspoon of mixture into a glass of cold water and the toffee should be hard to the touch.



CAKES & BISCUITS

MOIST CARROT CAKE

SERVES 6-8

150ml (1/4 pint) sunflower oil
225g (8oz) soft brown sugar
3 eggs (size 3), beaten
175g (6oz) self raising flour
5ml (1tsp) bicarbonate of soda
1.25 ml (1/2tsp) salt
10ml (2tsp) cinnamon
2 large carrots, grated
100g (4oz) walnut halves, roughly chopped
icing:
225g (8oz) cream cheese (See Tip, page 47)
grated rind of 1 lemon
5ml (1tsp) lemon juice (See Tip, page 40)
30ml (2 tbsps) icing sugar
25g (1oz) walnuts, finely chopped to sprinkle

PREPARATION TIME - 15 MINUTES

- 1 Combine the oil, sugar and eggs. Fold in the flour, bicarbonate of soda, salt and cinnamon. Add the carrots and walnuts, mix well.
- 2 Grease and line a 20.4cm (8") soufflé dish with greaseproof paper, pour in the cake mixture.
- 3 Place on turntable, cook for 20-22 minutes on MEDIUM until a skewer comes out clean. Allow to cool before decorating.
- 4 To prepare icing, combine cream cheese, lemon rind, lemon juice and icing sugar until smooth. Spread on top of the cake, sprinkle with walnuts.

If iced with cream cheese, keep cake refrigerated. Eat within 2 days.

CHOCOLATE BROWNIES

SERVES 6-8

225g (8oz) margarine
225g (8oz) caster sugar
7.5ml (1 1/2tsp) vanilla essence
4 eggs (size 3), beaten
100g (4oz) plain flour
50g (2oz) cocoa powder
2.5ml (1/2tsp) baking powder
175g (3oz) walnuts, roughly chopped

PREPARATION TIME - 10 MINUTES

- 1 Combine the margarine, sugar, vanilla essence and eggs together until smooth.
- 2 Stir in the remaining ingredients.
- 3 Grease and line the base of a deep, square 20.4cm (8") dish with greaseproof paper, spoon in the brownie mixture and smooth the surface.
- 4 Place on the turntable, cook for 20 minutes at 130°C, then 20 minutes at 100°C.

VICTORIA SANDWICH CAKE

SERVES 4-6

175g (6oz) margarine
175g (6oz) caster sugar
3 eggs (size 3), beaten
175g (6oz) self raising flour
45ml (3tbsp) strawberry jam
25g (1oz) icing sugar to dredge

Variation:

Butterfly buns: Place 10ml (2tsp) of cake mixture into 20 bun cases in bun trays. Bake for 23-24 minutes at 130°C, cook until firm, repeat for other trays. When cool, scoop a teaspoon of sponge from the centre of each bun, fill the hollow with buttercream. Cut each teaspoonful of sponge in half and position the "wings" in the buttercream.

PREPARATION TIME - 8 MINUTES

- 1 Grease and line the base of two 17.8cm (7") sandwich tins with greaseproof paper.
- 2 Cream the margarine and sugar until light and fluffy, beat in the eggs. Fold in the flour.
- 3 Spoon equal amounts of the cake mixture into the prepared tins.
- 4 Place one tin on the turntable. Bake at 130°C for 20 minutes, until evenly golden and firm to the touch. Repeat the process for the other cake tin. Allow to cool before turning out.
- 5 Sandwich with jam and dredge with icing sugar.



CAKES & BISCUITS

PLAIN MICROWAVE CAKE

SERVES 4-6

100g (4oz) margarine
100g (4oz) caster sugar
2 eggs (size 3), beaten
100g (4oz) self raising flour
30-45ml (2-3tbsp) water

PREPARATION TIME - 8 MINUTES

- 1 Cream margarine and sugar, beat in the eggs. Fold in the flour and water. Grease and line the base of a 17.8cm (7") cake dish with kitchen paper. Spoon mixture into dish and smooth.
- 2 Cook on HIGH for 4-5 minutes until firm. Allow to cool slightly before turning out.

CARAMEL SHORTBREAD

SERVES 6-8

shortbread:

100g (4oz) butter
50g (2oz) caster sugar
125g (5oz) plain flour
25g (1oz) ground rice

caramel:

50g (2oz) butter
50g (2oz) caster sugar
200g (7oz) condensed milk
15ml (1tbsp) golden syrup

topping:

100g (4oz) milk chocolate, in small pieces

Variation:

Shortbread: Omit caramel and chocolate. Make as to Stage 3. Before cooling, dredge with sugar, prick all over with a skewer and cut into wedges.

PREPARATION TIME - 15 MINUTES

- 1 To prepare the shortbread, cream the butter and sugar until light and fluffy, gradually add the flour and ground rice to make a firm dough.
- 2 Press the dough evenly into a greased 17.8cm (7") flan dish, cook on MEDIUM for 5 minutes.
- 3 Press the hot shortbread firmly down with the back of a spoon, allow to cool.
- 4 To prepare the caramel, place all ingredients in a bowl, mix well. Cook on HIGH for 5 minutes, stir every minute until toffee coloured.
- 5 Pour caramel onto the shortbread, chill to set.
- 6 When caramel is cold, place the chocolate in a small bowl and heat on HIGH for 2 minutes, stir every minute until evenly melted. Spread on to the caramel, chill to set the chocolate before cutting into slices.

CHOCOLATE CHIP COOKIES

SERVES 6-8

175g (6oz) margarine
100g (4oz) caster sugar
275g (10oz) self raising flour
50g (2oz) milk chocolate, finely chopped
25g (1oz) walnuts, finely chopped

The biscuits will be soft when hot but will harden as they cool.

PREPARATION TIME - 10 MINUTES

- 1 Cream margarine and sugar until light and fluffy. Stir in the flour, chocolate and walnuts to make a soft but firm dough.
- 2 Divide mixture into 8 even sized balls, place apart in two large flan dishes and flatten slightly.
- 3 Place one flan dish on the rack, cook for 25 minutes, at 130°C until evenly brown. Repeat for remaining biscuits.
- 4 Allow to cool before removing from the dish.





BREAD & SCONES

POTATO BREAD

SERVES 4

275g (10oz) potato, cooked and mashed
275g (10oz) self raising flour
100g (4oz) mature Cheddar cheese, grated
5ml (1tsp) salt
5ml (1tsp) mixed dried herbs
2 cloves garlic, crushed (see Tip, Page 45)
10ml (2tsp) whole grain mustard
1 egg (size 3), beaten
75ml (5tbsp) milk
1 egg (size 3), beaten to glaze
5ml (1tsp) fresh parsley, chopped to sprinkle

PREPARATION TIME - 15 MINUTES

- 1 Place the potato, flour, cheese, salt, herbs, garlic and mustard in a large bowl, mix well.
- 2 Add the egg and milk, mix to form a soft dough. Knead the dough into a round shape approx. 23cm (9") in diameter. Place in a 25.4cm (10") flan dish, brush with egg to glaze, sprinkle with parsley.
- 3 Place on the rack and cook at 130°C for 30 minutes.

Serve with soup, cheese or salad.

SODA BREAD

SERVES 4

175g (6oz) wholemeal self raising flour
100g (4oz) medium oatmeal
2.5ml (½tsp) salt
2.5ml (½tsp) bicarbonate of soda
25g (1oz) butter
120ml (4flop) natural yoghurt
90ml (6tbsp) milk
1 egg (size 3), beaten to glaze
sesame seeds to sprinkle

PREPARATION TIME - 15 MINUTES

- 1 Combine flour, oatmeal, salt, bicarbonate of soda in a large bowl. Rub in the butter.
- 2 Add the yoghurt and milk, mix to form a soft but not sticky dough.
- 3 Knead lightly into a round shape approx. 20.4 cm (8") in diameter. Place in a greased 25.4cm (10") flan dish.
- 4 Use a knife to mark into 8 wedges, cut only halfway through dough. Glaze surface with egg, sprinkle with sesame seeds.
- 5 Place on the turntable, cook at 130°C for 25 minutes.

Serve with cheese and a salad.

Microwave Tip: Ripening cheese

Place 100g (4oz) cheese (e.g. Camembert or Brie) on a plate and heat on MEDIUM for 20-30 seconds.



DATE & WALNUT BREAD

SERVES 6-8

175g (6oz) dates, chopped
150ml (¼ pint) boiling water
225g (8oz) plain flour
125g (5oz) wholemeal flour
125g (5oz) caster sugar
2.5ml (½tsp) salt
2.5ml (½tsp) bicarbonate of soda
100g (4oz) butter
125g (5oz) walnuts, roughly chopped
150ml (¼ pint) milk
1 egg (size 3), beaten

PREPARATION TIME - 15 MINUTES

- 1 Place dates in a large bowl, add the boiling water, leave aside to cool.
- 2 Place flours, sugar, salt and bicarbonate of soda in a bowl, mix well. Rub in butter until mixture resembles fine breadcrumbs, stir in walnuts.
- 3 Add the date mixture, milk and egg, mix well.
- 4 Grease and line the base of a 1.5 litre (2½ pint), straight-sided loaf dish with greaseproof paper. Spoon in loaf mixture and smooth the surface.
- 5 Place on the turntable, use sequence programming to cook for 8 minutes on MEDIUM HIGH then 8 minutes on DUAL GRILL-1, MEDIUM HIGH.

Serve sliced, spread generously with butter.



BREAD & SCONES

DANISH TEA RING

SERVES 6-8

250g (9oz) strong plain flour
5ml (1tsp) dried yeast
5ml (1tsp) caster sugar
5ml (1tsp) salt
25g (1oz) butter
1 egg (size 3), beaten
120ml (4floz) hand hot milk
25g (1oz) butter, melted
filling:
100g (4oz) ground almonds
100g (4oz) caster sugar
2.5ml (½tsp) almond essence
2 egg whites (size 3)
topping:
175g (6oz) icing sugar
10ml (2tsp) lemon juice
10ml (2tsp) water
flaked almonds, to sprinkle
glacé cherries, halved, to sprinkle

PREPARATION TIME - 25 MINUTES

- 1 Place flour, yeast, sugar and salt in a bowl, mix well. Rub in butter. Add egg and milk, mix to a soft dough. Knead lightly. Return to the bowl, cover with cling film.
- 2 Place on turntable, prove on LOW for 6-7 minutes.
- 3 Roll the dough into a rectangle 20.4 x 38cm (8 x 14"), brush with melted butter.
- 4 Prepare filling, mix almonds, sugar, essence and egg whites to a paste. Spread over the dough, roll up tightly from longest side.
- 5 Place roll in a large, greased flan dish, join ends to form a ring. Using scissors snip 1cm (½") into the dough all the way around at 2cm (¾") intervals. Cover loosely with cling film.
- 6 Place on the turntable, prove on LOW for 4-5 minutes. Remove cover.
- 7 Place on the turntable, cook on DUAL GRILL-1, MEDIUM HIGH for 6-7 minutes until golden. Cool before decorating.
- 8 To prepare topping, mix icing sugar, lemon juice and water until smooth. Spread evenly over tea ring, sprinkle with flaked almonds and cherries.

NOTE: For information on using the DUAL GRILL-1 see page 11 of the operation manual

FRUIT SCONES

SERVES 6-8

225g (8oz) self raising flour
50g (2oz) caster sugar
50g (2oz) butter
50g (2oz) sultanas
1 egg (size 3), beaten with milk to make 150ml (¼ pint)
1 egg (size 3), beaten to glaze

Variations:

Wholemeal scones: Substitute white self raising flour with wholemeal self raising flour, omit sultanas.

Date scones: Substitute white self raising flour with wholemeal self raising flour and the sultanas with 50g (2oz) dates, finely chopped.

Spiced apple scones: Substitute white self raising flour with wholemeal flour and sultanas with 1 eating apple, grated. Add 5ml (1tsp) cinnamon at Stage 2.

Cheese and chive scones: Omit sugar and sultanas. Add 100g (4oz) grated Cheddar cheese, 15ml (1tbsp) dried chives, salt and pepper at Stage 2.

Fresh herb scones: Omit sugar and sultanas. Add 5ml (1tsp) fresh parsley, 5ml (1tsp) fresh sage and 5ml (1tsp) fresh thyme at Stage 2.

PREPARATION TIME - 15 MINUTES

- 1 Grease two large flan dishes.
- 2 Combine the flour and sugar in a bowl, rub in the butter and stir in the fruit. Add enough egg and milk mixture to form a soft dough.
- 3 Roll out until 2cm (¾") thick, cut out scones 6.4cm (2½") in diameter.
- 4 Place the scones in the prepared dishes and brush with egg to glaze.
- 5 Place one dish on the rack, cook for 20 minutes at 130°C. Repeat for other scones.

Microwave Tip: Drying breadcrumbs

Spread 100g (4oz) fresh breadcrumbs evenly over a large plate. Heat on HIGH for 2-3 minutes, stir every minute until crispy.



SAUCES

WHITE SAUCE

MAKES 300ML (1/2 PINT)

25g (1oz) butter
25g (1oz) plain flour
300ml (1/2 pint) milk
salt and pepper to taste

Variations:

Cheese sauce: Add 75g (3oz) grated cheese and 5ml (1tsp) mustard powder at Stage 2. Serve with vegetables, fish, meat.

Parsley sauce: Stir 15-30ml (1-2tbsp) chopped parsley into the finished sauce. Serve with fish.

Onion sauce: Stir 1 large cooked onion, finely chopped, into finished sauce. Heat on HIGH for 1 minute. Serve with meat or vegetables.

PREPARATION TIME - 4 MINUTES

- 1 Place the butter in a bowl, heat on HIGH for 1 minute until melted.
- 2 Stir in the flour and whisk in the milk. Cook on HIGH for 5 minutes, stir every minute until thick and smooth. Season with salt and pepper.

Mushroom sauce: Add 2 sliced spring onions, 50g (2oz) chopped mushrooms and 5ml (1tsp) chopped parsley at the beginning of Stage 2. Serve with fish.

Sweet white sauce: Omit salt and pepper from the basic recipe. Add 50g (2oz) caster sugar at Stage 2. Serve with puddings as an alternative to custard.

BECHAMEL SAUCE

MAKES 300ML (1/2 PINT)

300ml (1/2 pint) milk
1 small onion, sliced
1 small carrot, sliced
1/2 stick of celery, sliced
2 whole cloves
6 white peppercorns
25g (1oz) butter
25g (1oz) plain flour
salt and pepper to taste

PREPARATION TIME - 8 MINUTES

- 1 Place the milk, onion, carrot, celery, cloves and peppercorns in a bowl. Heat on MEDIUM for 4 minutes. Cover and leave to infuse for 35 minutes (optional). Strain and reserve the liquid.
- 2 Heat butter on HIGH for 1 minute until melted. Stir in flour and gradually add the strained milk.
- 3 Heat on HIGH for 6 minutes, whisking every minute. Season with salt and pepper to taste.

Serve with vegetables, meat or fish.

SPICY TOMATO SAUCE

MAKES 600ML (1 PINT)

8 large tomatoes, chopped
1 large onion, chopped
2 cloves garlic, crushed (see Tip, page 45)
300ml (1/2 pint) red wine
2.5ml (1/2tsp) chilli powder
15ml (1tbsp) whole grain mustard
30ml (2tbsp) tomato paste

PREPARATION TIME - 8 MINUTES

- 1 Combine all ingredients in a large bowl. Cook on HIGH for 24 minutes, stir every 5-6 minutes.
- 2 Blend in a food processor until smooth.

Serve with chicken, pasta or stuffed tofu, see page 45.

MUSTARD SAUCE

MAKES 300ML (1/2 PINT)

25g (1oz) butter
45ml (3tbsp) whole grain mustard
200ml (7flop) soured cream
salt and pepper to taste
15ml (1tbsp) fresh parsley, chopped

PREPARATION TIME - 5 MINUTES

- 1 Place butter in a bowl, heat on HIGH for 30 seconds. Add the mustard, soured cream, salt, pepper and parsley, mix well.
- 2 Cook on HIGH for 4 minutes, stir every minute, until smooth and thick.

Serve with meat or fish.



SAUCES / PRESERVES

BLUE CHEESE SAUCE

MAKES 150ML (1/4 PINT)

75g (3oz) Danish Blue cheese, finely chopped
45ml (3tbsp) soured cream
30ml (2tbsp) fresh parsley, chopped
salt and pepper to taste

PREPARATION TIME - 5 MINUTES

- 1 Place the cheese, soured cream and parsley in a bowl, mix well. Season.
- 2 Heat on HIGH for 3-4 minutes.

BRANDY SAUCE

MAKES 600ML (1 PINT)

50g (2oz) butter
50g (2oz) plain flour
75g (3oz) brown sugar
15ml (1tbsp) golden syrup
150ml (1/4 pint) double cream
300ml (1/2 pint) milk
60ml (4tbsp) brandy to taste

PREPARATION TIME - 8 MINUTES

- 1 Place butter in a bowl, heat on HIGH for 1 minute until melted. Stir in flour, heat on HIGH for 1 minute.
- 2 Combine sugar, syrup, cream and milk, heat on HIGH for 2 minutes.
- 3 Gradually add cream mixture to the butter and flour mixture. Heat on HIGH for 5-6 minutes, stir every minute until smooth and thick. Stir in brandy.

Serve hot with Figgy Pudding (page 51).

STRAWBERRY JAM

MAKES 675g (1 1/2LB)

675g (1 1/2lb) strawberries, washed and hulled
45ml (3tbsp) lemon juice (see Tip, page 40)
675g (1 1/2lb) caster sugar

PREPARATION TIME - 15 MINUTES

- 1 Place strawberries and lemon juice in a very large bowl.
- 2 Heat on HIGH for 5 minutes until strawberries have softened. Add the sugar, mix well.
- 3 Cook on MEDIUM HIGH for 25-30 minutes until setting point* is reached, stir every 4-5 minutes.
- 4 Pour into hot, clean jars. Cover, seal and label.

LEMON CURD

MAKES 300g (12oz)

100g (4oz) butter
250g (9oz) caster sugar
15ml (1tbsp) cornflour
juice of 3 medium lemons (see Tip, page 40)
grated rind of 2 lemons
4 egg yolks (size 3), beaten

PREPARATION TIME - 8 MINUTES

- 1 Place butter and sugar in a bowl. Heat on HIGH for 2 minutes until melted.
- 2 Mix cornflour, lemon juice and rind. Stir into the butter and sugar mixture. Heat on HIGH for 2 minutes until sugar has dissolved. Cool slightly.
- 3 Beat in the egg yolks, cook on MEDIUM for 10-12 minutes, stir every 2 minutes until thickened.
- 4 Pour into hot, clean jars. Cover, seal and label.

DATE CHUTNEY

MAKES 800g (1 3/4LB)

225g (8oz) dates, stoned and roughly chopped
225g (8oz) currants
1 medium onion, finely chopped
175g (6oz) brown sugar
2 cloves garlic, crushed (see Tip, page 45)
10ml (2tsp) salt
5ml (1tsp) chilli powder
300ml (1/2 pint) vinegar

PREPARATION TIME - 15 MINUTES

- 1 Place all ingredients in a large bowl, mix well.
- 2 Cook on MEDIUM HIGH for 17-18 minutes, stir every 3-4 minutes.
- 3 Spoon into hot, clean jars. Cover, seal and label.

***Setting point:** To determine, place 5ml (1tsp) jam onto a saucer. Chill. Move surface of jam with finger, if it wrinkles, setting point has been reached.



CLEANING & MAINTENANCE

OVEN INTERIOR

Clean the microwave oven cavity, after each use with a mild detergent solution on a soft cloth, pay special attention to the waveguide cover.

NOTE: When cleaning oven please ensure that bottom grill is cool.

Take care not to let soapy water drip through the small holes in the oven walls and the cavity floor particularly if the turntable is removed. Excess water spillage through these holes will cause damage to the oven interior. It is important that the door seals and sealing surfaces are kept clean at all times, wipe regularly with a damp cloth.

Heat up your oven regularly by using both heating elements, refer to NOTES on page 10. Remaining food or fat splashed on the oven interior can cause smoke or a bad smell.

To prevent splashing, cover food wherever possible.

- Keep the waveguide cover clean at all times. If you leave grease or fat in the cavity, it may overheat, smoke or even catch fire when next using the oven. Do not remove the waveguide cover.
- Never use spray cleaners, oven buttons or abrasive scourers as these damage the surface of the oven.
- After Grill, Dual Grill, Oven, Pizza, Breakfast, Instant Cook and Auto Cook modes, the oven cavity, door, oven cabinet and accessories will become very hot. Before cleaning, make sure they have cooled down.

OUTER CABINET

Wipe the outside cabinet with a mild detergent solution on a soft cloth. The control panel must be wiped clean whilst the door is open, therefore inactivating the oven.



WARNINGS-

- **Do not allow grease or dirt to build up on the door seals and adjacent parts as this may prevent the door from closing correctly and may cause a leakage of microwaves. To clean use a mild detergent solution on a soft damp cloth.**

ACCESSORIES

Racks should be washed in a mild washing-up liquid solution and dried. They are dishwasher safe.

TURNTABLE

Ensure the turntable is cleaned after every use with a mild washing-up liquid solution and dried. The turntable is dishwasher safe. This should prevent a build up of grease and food debris.



If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.

Simply answer "YES" or "NO" to the following questions:

1. Does the oven lamp come on when you open the door? YES/NO
(Put half a cup of water in the oven, on the turntable and close the door. Select 100% HIGH and programme the oven to cook for 1 minute.)
2. Does the oven lamp come on? YES/NO
3. Does the turntable rotate? YES/NO
4. Does the cooling fan work? (Check by placing your hand above the air-vent openings) YES/NO
5. After 1 minute does the "beep" sound? YES/NO
6. Is the water in the cup hot? YES/NO
7. Set the grilling time for the upper and lower grill for 3 minutes. At the end of 3 minutes do both the grill elements become red? YES/NO

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown, if there is no fault with either, check the troubleshooting chart on page 60.

IMPORTANT: If the display shows nothing even if the power plug is properly connected, the oven is in energy save mode. To release it, open and then close the oven door. See page 7.

NOTES:

The following cooking conditions should not cause concern:

1. If you cook food for more than the standard time (see chart opposite) at the same power level, the oven's safety mechanisms will automatically activate. The microwave power level will be reduced and the grill heating elements will turn on and off.
2. After Grill, Dual Grill, Pizza, Breakfast, Instant Cook and Auto Cook modes, the cooling fan will switch on for at least 5 minutes.
3. During Grill, Dual Grill, Pizza, Breakfast, Instant Cook and Auto Cook modes, the cooling fan will also work when you press **STOP/CLEAR**. You may feel air blowing out of the air-vent openings. After operation of the cooling fan, the display will show "0.", if the clock is not set. If the clock is set, it will show the time of day. To clear it, press the **STOP/CLEAR** key and the display will show the time of day, if set.

⚠ WARNINGS:

- **It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.**
- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs & Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer Cabinet & Lamp Access: Never remove the outer cabinet. This would be very dangerous due to high voltage parts inside which must never be touched, as this could be fatal. As your oven is not fitted with a lamp access cover, if the lamp fails, do not attempt to replace the lamp yourself, call a Service Technician appointed by SHARP.

COOKING MODE	STANDARD TIME
Microwave 100% cooking	20 MINUTES
Grill cooking	
Upper grill	30 MINUTES
Lower grill	45 MINUTES
Upper and lower grill	UPPER GRILL 15 MINUTES LOWER GRILL 15 MINUTES
Dual cooking	
Micro and upper grill	MICROWAVE 20 MINUTES UPPER GRILL 15 MINUTES
Micro and lower grill	MICROWAVE 20 MINUTES LOWER GRILL 15 MINUTES



TROUBLESHOOTING (CONTINUED)

PROBLEM	POSSIBLE CAUSE
Draught circulates around the door.	When oven is working, air circulates within the cavity. The door does not form an airtight seal, so it is normal for air to escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arcing from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.
Arcing potatoes.	Ensure all "eyes" are removed and stand directly onto the turntable or in a heat resistant flan dish or similar.
After setting the time, the oven does not start.	Check the door is closed properly.
Oven cooks too slowly.	Ensure correct power level has been selected.
Oven makes a noise.	The microwave energy pulses ON/OFF during cooking/defrosting.
Outer cabinet/door is hot.	The cabinet may become hot to the touch - keep children away.



TO REPLACE THE MAINS PLUG

The wires in the mains cable are colour coded as shown opposite:

green and yellow stripes	=	EARTH
blue	=	NEUTRAL
brown	=	LIVE

As the colours of the cores in the mains lead of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as shown opposite.

Make sure the terminal screws are tight and the cable is held securely by the cable grip where it enters the plug. Like most appliances in your home, your oven must be connected to a single phase 230-240 Volt, 50Hz alternating current supply.

If you do not make the proper electrical connections you might damage the oven or injure yourself. Neither SHARP nor the supplier will be liable if this happens.

- The green and yellow wire to the plug terminal marked E or \equiv or coloured green or coloured green and yellow.
- The blue wire to the plug terminal marked N or coloured black or coloured blue.
- The brown wire to the plug terminal marked L or coloured red or coloured brown.



WARNING!

**THIS APPLIANCE MUST BE EARTHED.
IF YOU HAVE ANY DOUBTS ABOUT YOUR
ELECTRICAL SUPPLY ASK A QUALIFIED
ELECTRICIAN.**

CALLING FOR SERVICE



- If you are unable to resolve a problem using the checks covered on the last few pages, **do not attempt to service this microwave oven yourself.**
- Contact the dealer or supplier from whom the oven was purchased in order to obtain service. Where this is not possible, please contact the following telephone number: LoCall 0990 274277 **(All calls will be charged at local rate).**
- For general information & assistance with oven queries, please contact our **Customer Information Centre:**
Telephone: 0990 274277.

- Replacement parts and accessories may be obtained from our main parts distributor Willow Vale Electronics Ltd, telephone numbers follow.
Telephone: Manchester: 0161 682 1415
Reading: 01189 876444



WARNING

For your own safety, certain microwave oven parts must be replaced by a qualified Engineer appointed by SHARP, these are, therefore, unavailable to customers.

GUARANTEE



Subject to the conditions listed below, SHARP Electronics (U.K.) Ltd (hereafter called "the Company"), guarantee to provide for the repair of, or, at its option replace this SHARP equipment, or any component thereof, (other than Glass Turntables), which is faulty or below standard, as a result of inferior workmanship or materials.

The conditions of the Guarantee:

- 1 This Guarantee shall only apply to defects or faults which are notified to the Company, or its Service Technician appointed by Sharp, within one year from the date of purchase of the equipment, provided that this Guarantee shall extend for a further period of one year in respect of microwave oven magnetron parts only.
- 2 This Guarantee covers equipment intended for private domestic use only. This oven is suitable for domestic food preparation and is not designed for commercial, industrial or laboratory use. This Guarantee does not apply to equipment used in the course of a business, trade or profession. Only use the microwave oven for cooking, defrosting or reheating of food. SHARP declines any liability for damages caused by improper use.
- 3 This Guarantee does not cover any faults or defects caused by accident, misuse, fair wear and tear, neglect, tampering with the equipment, or any attempt at adjustment or repair other than by a Service Technician Appointed by Sharp.

Please clean your microwave oven regularly and remove any stains or fat residues without delay. Failure to do this may affect the quality and safety of the product or prejudice your guarantee.

- 4 In the unlikely event of your equipment requiring repair, please contact the dealer or supplier from whom it was purchased. You will need to provide proof of date of purchase to the repairing company. Please keep your invoice or receipt, which is supplied at the time of purchase. Where it is not possible to contact the dealer or supplier from whom the oven was purchased, please contact the telephone number given below. You will then be given details of how to obtain service.

Telephone: 0990 274277
(All calls will be charged at local rate.)

- 5 This Guarantee is offered as an additional benefit to the consumer's statutory rights and does not affect these rights in any way.

SHARP parts and accessories have been specifically designed for SHARP Microwaves.

No liability can be accepted for any inaccuracies or omissions in this publication, although every possible care has been taken to make it as complete and accurate as possible.



SPECIFICATIONS

AC Line Voltage	Single phase 230-240 V, 50 Hz
Output power:	
Microwave	900W (IEC 705)
Grill (Top Grill)	1000W
Grill (Bottom Grill)	500W
MAFF heating category	E
Input Current:	
Microwave	6.2A
Power Consumption:	
Microwave	1.45kW
Top grill heater	1kW
Bottom grill heater	0.55kW
Microwave & Top Grill Heater	2.4kW
Microwave & Bottom Grill Heater	1.95kW
Top & Bottom Grill Heater	1.5kW
Microwave frequency	2450 MHz
Outside Dimensions	520(W) x 309(H) x 436(D)mm
Cavity Dimensions	349(W) x 207(H) x 357(D) mm
Oven capacity	0.9 cu.ft (26 litres)
Cooking uniformity	Turntable diameter (325mm)
Weight	Approx. 19kg



- This oven complies with the requirements of Directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.
- As part of a policy of continuous improvement, we reserve the right to alter design and specification without notice.
- No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form, electronic, mechanical, photocopied, recorded, translated or other means without prior permission from SHARP Electronics (U.K.) Ltd.
- The illustrations, technical information and data contained in this publication to our best knowledge, were correct at the time of going to print. The right to change specifications, at any time, without notice, is reserved as part of our policy of continuous development and improvement.



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